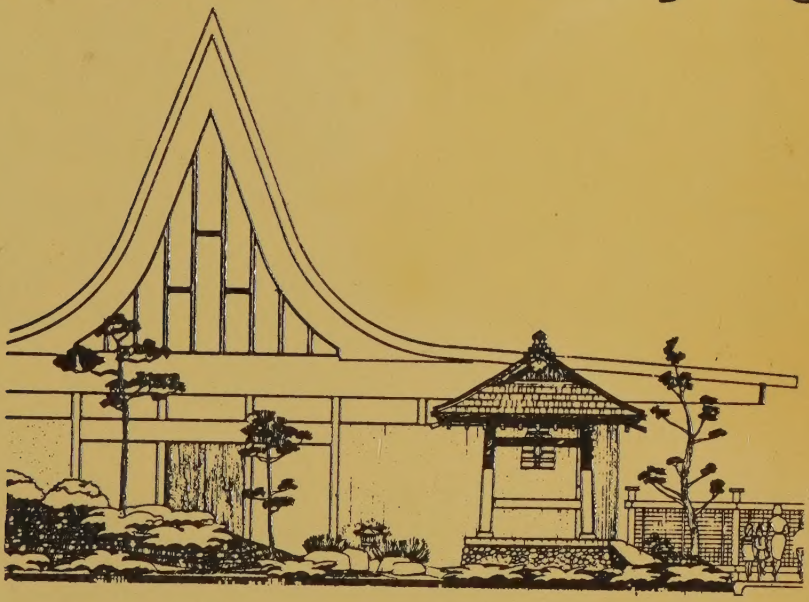
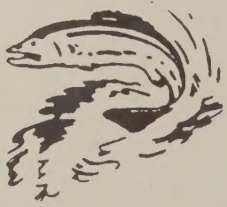
our friends' favorite recipes



STOCKTON BUDDHIST
WOMEN'S ASSOCIATION

BOOK II

"Just Ask Evelyn For Cooking Tips"



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STOCKTON BUDDHIST WOMEN'S ASSOCIATION

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DEDICATION

In observance of the Eightieth Anniversary, the Stockton Buddhist Women's Association commemorates this occasion by the publication of Book II, which we warmly dedicate to: our Issei parents for our cultural heritage, instilling in us the highest spiritual and moral values; our Nisei for transmitting the life and richness of this heritage; our Sansei, Yonsei and future generations for their maintenance of this legacy.

ACKNOWLEDGEMENTS

The Stockton Buddhist Women's Association gratefully acknowledges the members and their friends who were willing to share their favorite and special recipes for this book.

A special thank you to our many advertisers for their good will and support.

To Mr. Yoshio Itaya, for his artistic skills in the design of our cover, we wish to express our deepest appreciation.

We would like to acknowledge the time and energy expended by the committee members and for their devotion toward the preparation of this book.

Without everyone's assistance and cooperation, this book would not have been possible.

Gassho,

THE COOKBOOK COMMITTEE

Lydia Ota
Elsie Kagehiro
Aiko Yagi
Emi Arata
Marie Mitsuda
Grace Nagata
Mae Ogawa
Mabel Okubo
Mary Kato

November 1987

心の道標

FOOD FOR THOUGHT

1. 上見て進め　下見て暮らせ。

1. HOLD HIGH YOUR IDEALS BUT FORGET NOT THE FOOTSTEPS OF LIFE.

2. 親しき友とは　離れて住め。

2. BE NOT TOO FAMILIAR WITH THE CLOSEST OF YOUR FRIENDS.

3. 論で負けても　行で勝て。

3. LOSE THE ARGUMENT AND WIN WITH DEEDS.

4. 長所と交れば　悪友なし。

4. ASSOCIATE WITH THE GOOD AND THERE SHALL BE NO EVIL FRIENDS.

5. 語上手よりも　聞き上手。

5. BETTER A LISTENER THAN A TALKER.

6. 己に克って　人にはゆずれ。

6. CONQUER SELF AND BOW TO OTHERS.

7. 向上の道に　終点なし。

7. THERE IS NO ENDING ON THE ROAD OF PERFECTION.

8. 心配事の無くなって人は此の世にはない。

8. THERE IS NONE LIVING WITHOUT ANXIETY.

9. 足るを知るとは　時と虚勢を生かす人。

9. HE WHO KNOWS HIMSELF GIVES LIFE TO TIME AND CIRCUMSTANCE.

10. 内で悪告外ではほめよ
これぞほんとの法の友。

10. RECOGNITION TO OTHERS; SELF CRITICISM.
THIS IS THE TRUE FRIEND OF BUDDHISM.

牛田

YONEDA
JAPANESE
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List Your Favorite Recipes Here

Recipes	Page

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Book Publishers Since 1909
Specializing in Fund Raising Programs for Church, Civic Organizations and Schools

Appetizers, Relishes & Pickles

Appetizers

Appetizers are those treats that can be served either at the start of a meal or at a reception or open house. Listed below are quick appetizers that can be served anytime with crackers, thin sliced toasted bread or potato chips:

1. Caviar flavored with onion juice.
2. Cream cheese with chipped chutney and dash of curry powder.
3. Lobster tail moistened with lemon juice.
4. Almonds or pecans roasted and chopped, then mixed with anchovy paste.
5. Cream cheese with chopped pickle.
6. Chicken livers minced and moistened with mayonnaise.
7. Cheese squares with olive attached by toothpick.
8. Liverwurst with pistachio nuts.
9. Sardines with caviar paste.
10. Minced eggs with anchovies.
11. Cream cheese and horseradish.
12. Cream cheese and anchovy paste with grated onion.
13. Herring squares mashed in its own juice with dash of vinegar and Tabasco sauce.
14. Peanut butter and bacon toasted on dark bread.
15. Deviled ham with chopped onions and Spanish olives.
16 Stilton cheese moistened with Port wine.
17. Shrimp flavored with French dressing.
18. Caviar mixed with cream cheese with dash of Worcestershire sauce.
19. Peanuts roasted, crushed and mixed with anchovy paste.
20. Sardine slices topped with chopped olives.
21. Pimento cheese mixed with a dash of horseradish.
22. Minced shrimp with onion juice.
23. Cream cheese with dash of Worcestershire sauce and chives.

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APPETIZERS, RELISHES & PICKLES

ABALONE APPETIZERS

1 can abalone (reserve liquid for soup)
shredded lettuce

Dipping Sauce:

1/3 c. soy sauce
juice of 1/2 lemon

Slice abalone; arrange on bed of lettuce. Mix soy sauce and juice of lemon to taste. Place in small bowl for dipping. Serve with toothpicks.

ARTICHOKE FRITTATA

4 eggs
8 saltine crackers, crushed
1/2 lb. sharp Cheddar cheese, grated
dash of salt and pepper
dash of Tabasco sauce
3 green onions, chopped fine
1 clove garlic, mashed
1/2 c. chopped parsley
2 jars artichoke hearts

Saute onion in oil from artichokes. In bowl, beat eggs, and add onion. Add remaining ingredients separately, stirring well after addition. Pour into an 8 x 8-inch greased pan. Spread evenly and bake at 325° for 35 to 40 minutes. Cool thoroughly in pan; cut into 1-inch squares. Reheat 20 minutes at 300°.

CALIFORNIA JALAPENO MOLD

1 envelope Knox gelatine
1 c. cold water
1 c. sour cream
1/2 c. mayonnaise
8 oz. Cheddar cheese
grated parsley
2 Tbsp. chopped pimiento
1 or 2 Tbsp. minced onions
4 oz. green chilies, chopped
1 tsp. Worcestershire sauce
2 Tbsp. finely chopped bell pepper

Stir gelatine in cold water until dissolved. In a mixing bowl, combine sour cream, mayonnaise and gradually add gelatine. Mix until well blended. Stir in other ingredients, mixing well. Chill until slightly thickened, 20 to 30 minutes. Stir and refrigerate for 4 hours, or until firm. Unmold and garnish with parsley. Serve with crackers.

CELERY STUFFED WITH SHRIMP

3 oz. cream cheese, softened
1/4 tsp. salt
1 c. finely chopped, cooked and cleaned shrimp
6 stalks celery
2 Tbsp. mayonnaise
1 1/2 tsp. lemon juice

Combine cream cheese, salt, shrimp, mayonnaise and lemon juice until well blended. Stuff celery with shrimp mixture. Cut celery into 1-inch pieces and serve with wooden picks as an hors d'oeuvre.

Harumi Tanaka

CHILI CHEESE ROLL

2/3 c. Gorgonzola cheese
4 1/2 c. Jack cheese
4 c. Cheddar cheese
2 Tbsp. chili blend
1 tsp. garlic granules
2 Tbsp. heaping chopped parsley (Italian)
1 1/2 c. Philadelphia cream cheese

Blend to roll cheese logs:

1/2 c. chili blend
1 tsp. garlic granules
2 tsp. chopped parsley

Soften cream cheese, grate the other cheeses. Combine with other ingredients and blend well, kneading with hands where necessary. (Food processor tends to mold the cheeses too well.) Divide into 2 or 3 equal parts forming into log shaped rolls. Roll in mixture, wrap in Saran Wrap, chill. Makes excellent gifts, if wrapped in fancy gift paper. Best when allowed to age a few days.

Combine the cheese log blend and mix thoroughly.

CLAM DIP

3 (8 oz.) pkg. cream cheese
3 (8 oz.) cans minced clams
3/4 c. clam juice
15 drops Tabasco sauce
garlic salt
Beau Monde seasoning to taste
parsley flakes to taste
1 round loaf French bread

Mix all ingredients and place in hollowed out round French bread. Cover with foil. Bake at 300° for 2 hours.

Use bread that was hollowed out for dip. You may want to get an extra loaf of bread, cut in cubes for dipping.

Tek Komure

CRAB DIP

1/2 lb. crabmeat
1 (3 oz.) pkg. cream cheese
1 c. sour cream
2 Tbsp. lemon juice
1/4 tsp. Tabasco sauce
1 Tbsp. finely chopped green onions
1/2 tsp. salt
1/2 tsp. seasoned pepper
1 Tbsp. chili sauce

Pick over crabmeat for broken shells. Blend sour cream and softened cream cheese. Stir in lemon juice, Tabasco sauce, chili sauce, green onions, salt and seasoned pepper. When blended, gently stir in crabmeat. Chill overnight or for several hours. May be used as dip for crab, shrimp, etc., or to stuff vegetable.

CRAB DIP

1 lb. imitation crabmeat
1/2 c. mayonnaise
1/2 c. water chestnuts, minced
2 Tbsp. soy sauce
2 Tbsp. green onions, chopped fine

Mix together. Serve with assorted crackers. Very good with Triscuits.

Nobie Mitsuda

CRAB MOLD DIP

1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
1 can cream of mushroom soup, undiluted
1 pkg. unflavored Knox gelatine
1 stalk green onion
1 1/2 c. crab or imitation crab flakes
2 stalks celery
3 Tbsp. water

Heat mushroom soup to boil. Add gelatine and water. Cool. Blend mayonnaise and cream cheese together. Mix soup and mayonnaise mixture together. Then add the rest of ingredients. Squeeze a little lemon juice to mixture. Put in mold

and chill. Delicious served with crackers and/or fresh vegetables.

Kate Hisaka

BEEF JERKY

1 flank steak
1 tsp. seasoned salt
1 tsp. liquid smoke
1/2 tsp. garlic powder
1 medium onion, grated
1/2 tsp. chili powder
1/4 c. Worcestershire sauce
1 Tbsp. soy sauce
3 Tbsp. brown sugar
1/4 c. catsup

Slice steak thinly with the grain. It is easier to do it if steak is partially frozen. Combine remaining ingredients. Add sliced flank steak and marinate overnight. Place steak strips directly on oven racks. Set oven temperature to low (125°) and use aluminum foil on bottom of oven to catch any drippings. Bake steak strips 6 to 8 hours. Keep oven door propped open during baking process.

Dorothy Egi

GROUND BEEF JERKY

1 1/2 to 2 lb. extra lean ground beef
1/3 c. soy sauce
1 clove garlic, crushed
1/8 tsp. salt
1/8 tsp. pepper
1 1/2 Tbsp. brown sugar

Mix all the ingredients together in a good sized mixing bowl. Use your hands to make sure the seasonings are evenly distributed throughout the meat. Refrigerate the mixture for at least 2 hours or up to 24 hours for stronger flavor. Roll the meat out in strips or thin patties. Dry in 150° to 170° oven with the door ajar for 4 to 8 hours. Drying time will vary depending on the humidity and the fat content of the meat. Once removed from oven, jerky is cooled and stored in an open container to allow drying to continue. Seal the container to prevent further drying. Store in refrigerator or freeze it.

Mae Ogawa

DIP FOR VEGETABLES

2/3 c. mayonnaise
1/2 pt. sour cream
1 Tbsp. chopped green onions
1 tsp. Beau Monde (Spice Island)
1 tsp. dill weed
1 Tbsp. chopped parsley

Combine all ingredients.

Fusako Okamoto

DIP FOR RAW VEGETABLES

1 c. sour cream
2 tsp. Beau Monde
1/4 tsp. lemon juice
3 Tbsp. chopped green onion (fresh)
1/2 c. mayonnaise
2 Tbsp. chopped parsley
dash of Tabasco sauce
4 tsp. dill

Mix together the ingredients and spoon into dip dish.

Iva Yoshimura
Agnes Yoshimura

KOREAN MEAT BALL

3 lb. ground beef
1/4 c. soy sauce
1 Tbsp. salad oil
4 tsp. sugar
2 Tbsp. chopped green onions
1/2 clove minced garlic
1/2 tsp. Accent
1/2 c. chopped water chestnut

Add all the ingredients and mix well. Shape into 3/4-inch balls. Makes about 100.

Dip in 3 eggs, well beaten. Roll in 1 cup flour. Fry in 1 cup salad oil for 5 to 6 minutes. Drain, cool and freeze in airtight container; then bake in 250° oven for 30 minutes.

Mae Ogawa

MARINATED MUSHROOMS AND ARTICHOKE HEARTS

2 pkg. frozen artichoke hearts
2 lb. small mushrooms
1 1/2 c. water
1 c. cider vinegar
1/2 c. salad oil
1 1/2 Tbsp. salt
1 clove garlic, halved
1/2 tsp. peppercorns
1/2 tsp. dried thyme
1/2 tsp. oregano

Cook artichoke hearts until just tender and drain. Slice mushrooms in half through the stems. Combine with

artichoke hearts. Combine water with vinegar, oil, garlic, salt, pepper and herbs. Add vegetables and toss lightly. Refrigerate covered. Stir occasionally. Leave overnight. Drain before serving. Serves 16 to 20.

MARINATED VEGETABLE BOWL

2 c. diagonally sliced 1/4-inch thick carrots
1 bunch broccoli, cut in flowerets
1 head cauliflower, cut in flowerets
10 large mushrooms, halved or quartered
1 red bell pepper, cut in thin strips
2 large cloves garlic, pressed
3/4 c. vegetable oil
1/4 c. + 2 Tbsp. red wine vinegar
1 tsp. dry mustard
1/2 tsp. pepper
2 tsp. sugar
1 tsp. salt
1/8 tsp. ground nutmeg
1 tsp. sweet basil, crumbled

Place all vegetables in airtight container. Prepare marinade by combining remaining ingredients; whisk together. Pour over vegetables. Refrigerate, covered, 6 hours or overnight, turning occasionally to coat. Serve with toothpicks.

Tek Komure

PAT NIXON'S SESAME CHEESE BALL

1/4 c. sesame seed
2 Tbsp. instant minced onion
1 tsp. beef flavor base
2 Tbsp. lemon juice
1/2 lb. medium sharp cheese
2 Tbsp. mayonnaise
1 Tbsp. catsup
1 tsp. Worcestershire sauce
1 tsp. dry mustard

Toast sesame seed in 350° oven 15 minutes or until lightly browned. Soak onion and beef flavor base in lemon juice. Grate cheese. Mix ingredients, except sesame seed until well blended. Shape into ball. Spread toasted sesame seed on waxed paper; roll cheese ball in seed until outside is coated. Chill.

Serve on a tray with cheese knife surrounded with assorted crackers. Excellent when spread on toast rounds and broiled until cheese melts.

PARTY PORK BALLS

1 lb. ground pork
1 (8 oz.) can water chestnuts, minced
1/2 c. minced green onion
1 tsp. minced fresh ginger
3/4 tsp. salt
1 Tbsp. soy sauce
1 egg, slightly beaten
1/2 c. breadcrumbs
3 Tbsp. vegetable oil
cornstarch

Combine pork, water chestnuts, onion, ginger, salt, soy sauce, egg and breadcrumbs in large bowl; mix well. Shape into 36 balls. Roll in cornstarch to coat lightly, shaking off excess. Brown in oil. Remove balls as they brown to a roasting pan; cover loosely with foil. Bake at 350° for 20 minutes or until thoroughly cooked. Combine with sweet and sour sauce.

Sweet And Sour Sauce:

1/2 c. green pepper, cubed (not too small)
1/2 c. red pepper, cubed (not too small)
2 large carrots, thinly sliced
2 Tbsp. vegetable oil
1 (20 oz.) can pineapple chunks
1/4 c. vinegar
1 Tbsp. soy sauce
2 Tbsp. sugar
1/2 c. beef broth
2 tsp. minced fresh ginger
2 Tbsp. cornstarch
1/3 c. water

Saute vegetables in vegetable oil in saucepan for 3 minutes. Stir in pineapple chunks with juice, vinegar, soy sauce, sugar, beef broth and ginger. Combine cornstarch with water in a cup; stir into saucepan. Cook, stirring constantly, until mixture thickens. Pour over pork balls. Serve with toothpicks.

Nobie Mitsusa

SALMON CHEESE PATE

1 (7 3/4 oz.) can salmon
1 (8 oz.) pkg. cream cheese, softened
1 tsp. Worcestershire sauce
1 Tbsp. grated onion
1 Tbsp. lemon juice
1/2 tsp. anchovy paste (optional)
1/4 tsp. pepper
1/4 c. crumbled Blue cheese
dash of garlic powder
2 Tbsp. chopped parsley
parsley (for garnish)

Drain salmon. Bone, skin and flake salmon. Blend cheeses with salmon and seasonings until smooth. Mold in small

bowl lined with plastic wrap. Chill several hours. Unmold to serve, garnishing with sprigs of parsley. Serve with crackers, toast rounds or thinly sliced rye bread. Makes about 2 cups pate.

Anonymous

SALSA

(Makes 6 Pints)

1 lb. onions
5 lb. tomatoes
2 lb. hot chilies*
2 tsp. salt
1/2 tsp. pepper
1/3 c. lemon juice or vinegar

Chop onions and chilies into small pieces. Peel and chop fresh tomatoes, or chop canned whole peeled tomatoes into small pieces. To peel tomatoes, drop in boiling water until skins crack, about 1 minute, then dip in cold water. Add onions, chilies and other ingredients to chopped tomatoes. Pack into clean hot jars and process in gently boiling water bath for 10 minutes.

*To increase or decrease the hotness of the salsa, use different varieties of chilies in this recipe, do not vary the quantity. Fresh chilies are hotter than pickled, canned or glass-packed chilies. Either can be used, but fresh chilies give the best flavor (Serannos, hottest and Anaheims, mildest).

SIMPLE SALSA

2 small yellow chilies, finely chopped
2 small green chilies, finely chopped
1 clove garlic, finely chopped
1 small onion, finely chopped
1 large tomato or 2 medium tomatoes, chopped
salt to taste

Mix all of the ingredients in a small bowl. Add a little water to make salsa the desired consistency. That's all, will keep 1 week refrigerated.

Note: This recipe is very hot, but if milder flavor is preferred, slice open the chilies and while under running water remove all seeds before chopping them. Would advise wearing rubber gloves while removing seed or your fingers will have a

burning sensation for few minutes.

Barb Yager
Agnes Yoshimura

SALMON MOUSSE

1 envelope unflavored gelatin
1/4 c. water
1/2 c. boiling water
2 c. cooked salmon, flaked
1/2 c. mayonnaise
juice of 1/2 lemon
1 Tbsp. grated onion
dash of Tabasco sauce
1/2 tsp. salt
1 c. heavy cream, whipped

Soften gelatin in 1/4 cup water. Add 1/2 cup boiling water to gelatin to dissolve. Combine with salmon and all other ingredients, except the cream. Mix thoroughly. (If creamier texture is desired, mix in blender or food processor.) Fold whipped cream into mixture. Pour into 6-cup mold and refrigerate for several hours. Unmold, place in bed of lettuce and garnish with stuffed Spanish olives.

SAUSAGE-ONION SNACK

1 lb. pork sausage
1 large onion, chopped fine
2 c. baking mix (such as Bisquick)
3/4 c. milk
1 Tbsp. caraway seed
2 eggs
1 1/2 c. dairy sour cream
paprika

Cook and stir sausage and onion over medium heat until sausage is browned; drain. Stir in baking mix, milk and 1 egg. Spread in greased 13 x 9 x 2-inch pan. Sprinkle with caraway seed. Top with sausage mixture.

Mix sour cream and remaining egg; pour evenly over sausage. Sprinkle with paprika. Bake until set, 25 to 30 minutes. Cut into rectangles, about 2 x 1 1/2-inches. Makes 32 appetizers.

Nobie Mitsuda

SWEET AND SOUR MEAT BALLS

1 lb. ground beef
1/4 c. uncooked rice
1 onion, grated
1 clove garlic, minced
1/2 tsp. salt
2 eggs
1 tsp. parsley

Combine ingredients; form into small balls. Fry in 4

tablespoons shortening. Add:

1 can tomato soup, undiluted
1/4 c. vinegar
3 Tbsp. brown sugar
1 c. finely chopped celery
1 green pepper, chopped

Cover. Simmer 20 minutes. Uncover and cook 10 minutes. Serve with steamed rice.

Nobie Mitsuda

TASTY STUFFED MUSHROOM TIDBITS

1 lb. fresh mushrooms
1 (7 oz.) can water pack tuna, drained
3 Tbsp. mayonnaise
1 Tbsp. minced onion
1 Tbsp. minced celery
1 Tbsp. minced parsley

Wash fresh mushrooms, removing the stems, chop up the stems and mix with tuna. Mix with mayonnaise, onion, celery and parsley. Mix well and spoon this into the mushroom cap and chill. Delicious.

Mae Ogawa

TUNA RING

1 can tuna
chopped mushrooms
chopped green onions
mayonnaise
salt and pepper
ajinomoto
bell pepper, sliced in 1/4-inch thick rings
flour
cracker crumbs

Mix tuna with chopped mushrooms and green onions; blend with mayonnaise, seasoned with salt, pepper and ajinomoto. Slice bell pepper in 1/4-inch thick rings; remove seeds and fill with tuna mixture. Coat with mixture of flour and cracker crumbs. Fry until golden brown. Sour cream may be used in place of mayonnaise.

By Member

ZUCCHINI APPETIZERS

3 c. thinly sliced, unpeeled zucchini*
1 c. Bisquick
1/2 c. chopped onion
1/2 tsp. salt
dash of pepper
1 clove minced garlic
1/2 c. vegetable oil

1/2 c. Parmesan cheese
2 Tbsp. snipped parsley
4 eggs, slightly beaten
1/2 tsp. seasoned salt

Heat oven to 350°. Greased 13 x 9 x 2-inch pan. Mix all ingredients and bake until golden brown, about 25 minutes. Cut into pieces, about 2 x 1-inch, or as desired.

*May use frozen chopped broccoli or slightly parboiled, chopped fresh broccoli, spinach, asparagus, etc.

Irene Nakano

ZUCCHINI TORTA

4 medium zucchini, coarsely grated
1/2 c. cracker crumbs
1/2 c. olive oil (could be less)
1/2 c. Parmesan cheese
3 eggs
Italian seasoning to taste
garlic to taste
salt and pepper to taste

Beat eggs slightly. Add rest of ingredients. Pour into greased 8 x 8-inch pan. Bake at 350° for 25 to 35 minutes.

Helen Honda

TOUCHDOWN TUNA DIP

1 (7 oz.) water packed tuna, drained
1 1/2 c. (12 oz.) sour cream
1/4 c. ripe olive slices
1 hard-cooked egg, finely chopped
1 (7 oz.) envelope Italian salad dressing mix
2 tsp. lemon juice
1/3 c. picante sauce

Place tuna in mixing bowl; break up finely with fork. Add remaining ingredients, except olives; mix well. Chill. Garnish with olives and additional picante sauce, if desired. Serve with crackers, chips or vegetables. Makes about 2 1/2 cups dip.

HOME PICKLING OF OLIVES

PROCESS FOR GREEN-RIPE OLIVES

This process will produce straw-yellow to green or brown olives. Choose fruit that is green, straw-colored, or cherry-red. Do not use black-ripe fruit because it is likely to become soft when pickled.

1. Prepare a solution of 2 ounces (about 4 level tablespoons) of lye to each gallon of water. It is easy to do this by dissolving a 12-ounce can of flake lye (household lye) in 6 gallons of water.[1] Use a wooden, glass, or stoneware container. Never use an aluminum container because lye will ruin it or a galvanized metal container because the zinc will dissolve and may make the olives poisonous. Stir the solution until the lye is well dissolved. Then let the solution cool.

   CAUTION

   Keep a cup of vinegar nearby for rinsing if the lye solution touches your skin. (See precautions under Antidotes for Lye Burns.)

2. Cover the olives with the lye solution early in the morning. Place a towel or cloth over them and push it tightly to keep the olives submerged. Stir the olives with a lath or a wooden or stainless steel spoon every 2 or 3 hours until the lye reaches the pits.

   This usually takes 10 to 12 hours. You can judge the amount of penetration by cutting sample olives to the pit with a sharp knife at intervals of 1 or 2 hours. The lye solution discolors the flesh to a yellowish-green color. If you use orchard-run olives, test the largest ones.

1 One ounce, by weight, of flake lye is equivalent to approximately 2 level tablespoons. One ounce, by weight, of salt is equivalent to approximately 1 3/5 level tablespoons. One level measuring cup is equivalent to 16 level tablespoons. The particle size of a given weight of lye or salt will influence the equivalents in tablespoon and measuring cup measurements. For this reason, it is recommended that you weigh the materials whenever possible.

If the lye has not reached the pits by bedtime, remove the lye solution and cover the olives with water. Next morning, pour off the water and cover the olives with a solution of 1 ounce (about 2 level tablespoons) of lye per 1 gallon of water and let stand until the lye reaches the pits completely. This may take as long as 30 hours if the fruit is quite green.

Frequently, this lye treatment is insufficient. Some olives neutralize most of the lye so that it fails to penetrate to the pits. In such cases, prepare a fresh solution of 1 1/2 ounces, by weight, (3 level tablespoons) of lye per 1 gallon of water and allow it to cool. Then discard the used solution and pour in the fresh. Let the olives stand until the solution reaches the pits, then follow the procedure in steps 3 to 5.

3. Remove the lye solution and discard it.

4. Rinse the olives twice in cold water, then cover them with cold water. Change the water four times each day until you can no longer taste the lye in the olives. This may take as long as 7 or 8 days. (Commercially, it takes about 4 days.) Expose the olives to the air as little as possible during the lye treatment or washing.

5. Prepare a salt brine containing 4 ounces (abut 6 1/2 level tablespoons) of salt per 1 gallon of water. (If the solution seems too salty, reduce the amount of salt to 3 1/2 ounces.) Dissolve the salt thoroughly and cover the olives with the solution. Let stand for 2 days.

   The olives are then ready for use. Store them in a cold place, preferably in a refrigerator.

6. If you do not plan to use the olives within 2 weeks, prepare a brine using 8 ounces (about 13 level tablespoons or slightly more than 3/4 measuring cup) of salt per 1 gallon of water. Store the olives in this brine for 1 week. Then replace the brine with a solution of 1 pound (26 level tablespoons or about 1 2/3 measuring cups) of salt per 1 gallon of water. After 10 to 12 days, put the olives in a fresh brine of 1 pound of salt per 1 gallon of water. Before using the olives, soak them overnight in water and use them within 3 days.

CAUTION

If, at any time, the olives become moldy or soft or bad smelling, do not eat them or even taste them. (See precautions under Disposal of Spoiled and Suspected Olives.)

CHILIES IN MIXTURE

(Escabeche)

chilies
celery
1/2 tsp. salt (per pt.)
1/2 and 1/2 of vinegar and water

Combine and add to filled jar, leaving room for 1/2-inch of oil.

carrots
onions
bay leaf
salad oil

To fill the last 1/2-inch of jar, leaving 1/2-inch headspace.

Wash vegetables. Puncture chilies with a fork (in 2 places). Slice round of carrots to 1/4-inch thickness, then slice rounds in 1/4-inch strips. Slice celery round to 1/4-inch thickness or strips. Chop the onions into small cubes or slices. Fill the jars with the vegetables, adding 1 bay leaf and 1/2 teaspoon salt per pint.

Mix 1/2 water and 1/2 vinegar (5%) and fill jars, leaving 1-inch at the top. Pour in enough oil to leave 1/2-inch headspace. Wipe top of jar with a damp cloth. Seal and process in hot water bath at a light simmer for 7 minutes. Remove from canner, cool and store in a cool, dark place.

CANNED CACTUS

(Nopales)

cactus (nopales)
vinegar or lemon juice
salt

Clean and scrape off outer covering, wash and cut in 1/4-inch cubes. Cover with water and cook for 10 minutes. Pack hot into jars, adding 1/2 teaspoon lemon juice or vinegar and 1/2 teaspoon salt to each pint jar, leaving 1/2-inch headspace. Double the acid and salt for quarts. Seal.

Process in boiling water bath 15 minutes for pints and 25 minutes for quarts. Let cool. Store in a cool, dark place.

JALAPENOS ENCURIDOS

(Pickled Jalapenos)

jalapeno peppers
vinegar
water
olive oil
salt
pickling spices

Wash jalapeno peppers. Pack tightly in jar. For every cup of vinegar, use 1/4 cup water, 1/4 cup olive oil, 1 teaspoon salt and 1 teaspoon pickling spices. Heat mixture to boiling. Pour over peppers, so that they are well covered. Seal jars. Process pint jars 10 minutes in hot water bath.

OKINAWA KIM CHEE

2 lb. Chinese cabbage
1/2 c. salt
1 qt. water
2 red peppers, seeded and chopped
1 clove garlic, chopped
1/2 tsp. chopped fresh ginger
2 Tbsp. chopped onion
1/2 tsp. salt
1 Tbsp. sugar

Wash cabbage and cut into 1-inch slices; soak in brine made with salt and water for 1 hour. Rinse and drain the cabbage thoroughly. Add remaining ingredients and mix well. Press into jar, cover and refrigerate. Allow several days for ripening. Should make 1 quart.

Options: 1/4 cup dried shrimp, 1 cup bean sprouts and chopped green onions may be added.

S. T. M.

PICKLED ASPARAGUS

1 crate fresh asparagus
3 qt. boiling water
10 level Tbsp. salt
2 qt. white vinegar
1 (2 1/2 oz.) box pickling spice (remove cloves)

To boiling water, add the other ingredients and heat. Cut each asparagus spear uniformly to height of a pint wide mouth jar. Blanch the asparagus in a deep pot of boiling water for no longer than 1 1/2 minutes. Remove with slotted spoon and quickly put into a sinkful of ice. Stand up the drained spears in jars and insert 1 clove garlic in the center. Stir brine, fill jar and seal. This should make about 9 pints.

PIMIENTOS

Scald ripe pimientos in boiling water 12 to 15 minutes, or roast 6 to 8 minutes in moderately hot oven until skins can be rubbed off. Dip quickly in cold water. Remove skins, stem and blossom ends and seeds. Flatten pimientos. Pack into hot jars, leaving 1/2-inch headspace. Add no liquid. Adjust caps. Process pints 40 minutes and quarts 45 minutes at 5 pound pressure.

PICKLED MIXED VEGETABLES

cauliflower
celery
carrots
onions
sweet pepper
hot peppers (if desired)
3 to 4 cloves garlic (per qt.)
string beans
vinegar and water (1/2 and 1/2 mixture)
1 tsp. salt (per qt.)
1/2 tsp. coriander (per qt.)

Wash and cut vegetables to desired eating size. Pack jars with vegetables. Add 3 to 4 whole cloves garlic, lightly smashed. Add 1 teaspoon salt per quart and coriander. Cover with 1/2 water and 1/2 vinegar mixture, leaving 1/2-inch headspace. Wipe tops of jars with a damp cloth. Seal. Place in hot water bath and process at hard simmer for 20 minutes.

QUICK SOUR PICKLES

(Makes About 8 Pints)

32 cucumbers, about 4-inches
1 c. salt
4 qt. water
4 c. vinegar
1 c. sugar
1/2 Tbsp. whole cloves
1/2 Tbsp. mustard seed
1/2 Tbsp. celery seed
1/2 Tbsp. peppercorns

Wash cucumbers. Place in a clean crock. Cover with a brine made by dissolving the salt in the water. Let the brine stand on the cucumbers for 24 hours. Drain. Soak cucumbers in fresh cold water for 20 minutes. Drain and taste. If too salty, repeat this step.

Cut cucumbers in strips, according to size. Put them in a clean crock. Combine vinegar and sugar. Add the spices, tied in a cheesecloth bag. Bring to a boil and boil for 5 minutes. Remove spice bag and pour boiling syrup over cucum-

bers. Let stand for 24 hours. Drain syrup off and pack cucumbers in hot clean jars. Heat syrup to a rolling boil and fill the jars. Seal the lids and bands that have been scalded in boiling water.

NARSI'S RHUBARB MARMALADE

2 lb. rhubarb
1 lb. whole oranges
3 lb. sugar

Simmer oranges whole in water for 20 minutes. Discard water. Slice oranges with rind very thin as one would for marmalade. Do not throw away the juice. Remove any green parts of rhubarb and cut into 1/2-inch diagonal slices. Combine with sugar; cook over low heat until thick. Needs no pectin. Pour into sterilized jars and seal.

STRAWBERRY FIG JAM

3 c. peeled, mashed figs
3 c. sugar
1 large pkg. strawberry jello

Mix together. Bring to rolling boil for 3 minutes, stirring constantly. Pour into sterilized jars. Seal.

Nobie Mitsuda

TOMATO PRESERVES

(Makes 2 To 3 Half Pints)

1 lb. firm, small, yellow or red tomatoes (about 10 or 12)
3/4 c. water
1/4 lemon, thinly sliced
1 piece (about 1/2-inch) fresh ginger root or 1/8 tsp. powdered ginger
1 2/3 c. sugar

If tomatoes are quite ripe, remove the skins. (Skins become tougher as tomatoes ripen.) Dip tomatoes into boiling water, then into cold water to loosen skins. Boil lemon for 5 minutes in 1/4 cup water.

Make a syrup with the remaining 1/2 cup water and the sugar. Simmer 5 minutes. To the syrup, add the tomatoes, ginger, lemon and liquid in which the lemon was cooked. Boil until tomatoes are clear and syrup is thickened slightly.

Remove foam. Ladle hot tomatoes into hot jars. Adjust lids. Process 20 minutes in a simmering water bath.

Lola M. Lawson, Home Economist

<<< Extra Recipes >>>

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Soups, Salads
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Salads

Additions and Garnishes

Slice hard-cooked eggs
Radishes
Chopped green or ripe olives
Nut meats
Pimento
Green pepper
Sardines
Anchovies
Slivered cheeses
Julienned ham
Chicken
Grated carrots
Cubed celery
Onions - pickled, grated or pearl onions
Tomatoes, sliced and dipped in finely chopped parsley or chives
Capers
Dwarf tomatoes stuffed with cottage cheese
Fresh herbs - sprigs or chopped
Mint leaves
Cooked beets, cut into shapes or sticks
Lemon slices with pinked edges and dipped in chopped parsley
Raw cauliflower

Tips for Tossed Salads

Always handle salad greens with care.

Wash well, drain and dry greens before storing:chill well before using.

To core lettuce, smack head stem end down on counter top. Then twist the core out.

It is better to tear greens into bite-sized pieces to avoid bruising with knife.

Don't cut up tomatoes for a tossed salad since their juices thin the dressing and wilt the greens. Using them only for garnishing the salad bowl.

Select only firm, hard, green cucumbers. The skin should have a slight sheen, but if it is highly polished, it is probably waxed and should be removed.

Use wild greens such as dandelion, sorrel or winter cress for a different flavor and texture in tossed salads.

About Potato Salad-

Potato salad is best made from potatoes cooked in their jackets and peeled and marinated while still warm. Small red waxy potatoes hold their shape when sliced or diced and do not absorb an excessive amount of dressing or become mushy.

Soup Accompaniments-

Clear Soups - crisp crackers, cheese pastry, cheese-spread toast strips.

Cream Soups - cheese popcorn, seeded crackers, pretzels, pickles and olives.

Chowders and Meat Soups - Melba toast, sour pickles, oyster crackers, bread sticks, relishes, toasted garlic bread.

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SOUPS, SALADS & SAUCES

ABALONE SOUP

1 c. liquid (from canned abalone)
2 c. dashi
1/2 tsp. salt
1/4 tsp. m.s.g.
1 tsp. soy sauce

Garnish:

chopped green onions, watercress or parsley
abalone, sliced
lemon peel

To abalone liquid, add dashi and bring to a boil. Add salt. Remove foam which forms. Add m.s.g. and soy sauce. Simmer 5 minutes longer. Serve with one or more garnishes. Serves 5.

CLAM CHOWDER

3 slices bacon, diced
1 c. diced onions
3 c. cubed potatoes
1/2 c. diced celery
5 c. hot water
2 tsp. salt
1/2 tsp. pepper
3 1/2 c. tomatoes
1 1/2 c. diced carrots
3 c. clam liquid
2 doz. raw clams
1 Tbsp. minced parsley
thyme

Saute bacon until crisp. Stir in 1 teaspoon thyme and onions and cook until tender. Add potato, celery, water, salt and pepper. Cover and simmer 5 minutes. Add tomato, carrots and clam juice. Simmer, uncovered, over low heat for 1 hour.

Clean clams, cut into small pieces and add to soup with parsley and 1/2 teaspoon thyme. Simmer, uncovered, for 10 to 15 minutes more.

HAMBURGER SOUP

2 lb. ground beef
1/2 tsp. salt
1/8 tsp. seasoned salt
1 pkg. onion soup mix
1 (8 oz.) can tomato sauce
1 c. celery, sliced crossway
1 c. sliced carrots
grated Parmesan cheese
2 Tbsp. salad or olive oil
1/4 tsp. pepper
1/4 tsp. oregano
1/4 tsp. basil
6 c. boiling water
1 Tbsp. soy sauce
1/4 c. celery leaves, torn
1 c. elbow macaroni

In a large pan, having tight lid, brown meat in oil.

Add salt, pepper, oregano, basil, salt and onion soup. Stir in boiling water, tomato and soy sauce. Cover and simmer 15 minutes. Add celery leaves and carrots and continue to cook for 30 minutes. Add macaroni and simmer 30 minutes. Add more water, if necessary.

Lydia Ota

TIME SAVER RECIPE MINESTRONE

1 Tbsp. olive oil
1 medium zucchini, diced
1 medium tomato, cut up
1 c. chick peas
4 c. water
1 envelope Lipton onion soup mix
1/4 c. uncooked elbow macaroni
pinch of sweet basil

In large saucepan, heat oil and cook zucchini, tomato and chick peas 5 minutes. Add water, bring to a boil. Stir in soup mix, elbow macaroni and basil and simmer, covered, 10 minutes. Makes 4 to 6 servings.

Maggie-Agnes Yoshimura

MINESTRONE

2 lb. boneless chuck
2 Tbsp. salt
2 ribs celery, cut into 1-inch pieces
1/2 c. chopped parsley
1/2 tsp. oregano
1 clove garlic, minced
1 (1 lb.) can chick peas, drained
1 c. uncooked elbow macaroni
3 qt. water
1 (1 lb.) can Italian peeled tomatoes
1 medium onion, chopped
1/8 tsp. pepper
1 c. cut up zucchini
1 c. diced carrots
1 c. chopped cabbage
1 c. cut green beans
1 c. grated Parmesan cheese

In kettle, cook meat in water with 1 tablespoon salt, 1 1/2 hours or until meat is tender. Remove and shred meat and set aside. Add tomato, onion, celery, 1/4 cup parsley, remaining salt, oregano, pepper and garlic. Simmer, stirring occasionally for 20 to 30 minutes.

Add meat, chick peas, zucchini, green beans, carrots, cabbage and elbow macaroni and simmer an additional 30 minutes, or until vegetables are tender. Before serving, stir in

remaining parsley and 1/4 cup cheese. Garnish with remainder. Makes 16 servings.

Maggie-Agnes Yoshimura

MAIN-DISH MINESTRONE

6 Tbsp. butter or margarine (3/4 stick)
3 large carrots
2 medium celery stalks, sliced
2 medium onions, diced
1 small garlic clove, minced
1 medium head green cabbage (about 1 1/2 lb.), coarsely sliced
1 (16 oz.) can tomatoes
8 c. water
1/3 c. regular long-grain rice or orzo (rice shaped paste)
2 tsp. salt
2 tsp. Worcestershire sauce
1/4 tsp. oregano leaves
1/4 tsp. pepper
4 medium potatoes (1 1/2 lb.), peeled and cut into bite size pieces
4 beef flavor bouillon cubes
2 large zucchini, cut into bite pieces
2 (15 1/4 to 20 oz.) can kidney beans, drained
1 (10 oz.) frozen chopped spinach
1/2 c. grated Parmesan cheese

In 8-quart Dutch oven or sauce pot, over medium-high heat, in hot butter or margarine, cook carrots, celery, onion, garlic and cabbage until vegetables are browned, about 20 minutes, stirring frequently. Add tomato with their liquid, water, rice or orzo, salt, Worcestershire sauce, oregano leaves, pepper, potatoes, bouillon cubes and zucchini over high heat, heat to boiling, stirring occasionally. Reduce heat to low; cover and simmer 30 minutes, or until vegetables and rice are tender. Add beans and frozen spinach; cook over medium heat until spinach is cooked and beans are heated through and more water, if necessary. Soup becomes thick upon standing. Serve with Parmesan cheese. Makes about 18 cups or 9 main-dish servings.

Mitzi Adachi

PRIZE WINNING BAR-B-QUE SAUCE

1/4 c. onion, chopped fine
1/4 c. green pepper, chopped fine
1 clove garlic, chopped fine
2 Tbsp. butter
1 1/2 c. ketchup
1/2 c. chili sauce
1 Tbsp. Worcestershire sauce
dash of Tabasco sauce
1/4 Tbsp. paprika
1/2 Tbsp. chili powder
1/4 Tbsp. salt
1/8 Tbsp. dry mustard
1/8 Tbsp. pepper

1/2 c. sugar
1/4 c. water
1 Tbsp. horseradish sauce
1 Tbsp. lemon juice
2 Tbsp. Galliano

Saute onion, green pepper and garlic in the butter until vegetables are tender. Stir in the remaining ingredients. Bring to boil, stirring until the sugar dissolves. Reduce the heat and simmer the sauce for 45 minutes, stirring periodically.

Note: For broiled chicken, beef ribs, spareribs, etc.

CHILI SAUCE

2 1/2 qt. peeled, diced ripe tomatoes
1 green pepper, finely chopped (1/2 c.)
2 onions, finely chopped (more may be used)
1 c. vinegar
1/3 c. sugar
2 Tbsp. salt
1 (or more) chilies
2 tsp. ground cloves
2 tsp. ground cinnamon
2 tsp. ground allspice
2 tsp. ground nutmeg

Scald, dip in cold water, peel and dice tomatoes. Combine tomatoes with other ingredients. Heat gradually to boiling point and simmer for 1 hour, or until thick. Pack hot, into hot jars. Adjust lids, process 15 minutes in a simmering water bath.

Lola M. Lawson, Home Economist

LEMON SAUCE FOR CHICKEN BARBECUE

1/4 c. shoyu
1/4 c. ripe wine vinegar
juice of 1 lemon or to taste
2 tsp. sake

Barbecue quartered or halved chicken until almost done. Baste as you keep turning the pieces, ending with skin side down.

Hatsu Honda

PLUM BLOSSOM SAUCE

1/4 c. finely chopped onion
1 1/2 Tbsp. grated fresh ginger
1/2 c. prune juice
6 Tbsp. orange marmalade
2 Tbsp. water
1 clove garlic, minced
1 Tbsp. vegetable oil
1/4 c. cider vinegar
1 tsp. crushed red pepper

1/4 tsp. salt
1/4 tsp. pepper
1 Tbsp. cornstarch

In saucepan, saute onions, ginger and garlic in oil until lightly browned. Stir in prune juice, vinegar, marmalade, crushed red pepper, salt and pepper. Bring to boil, stirring 1 minute.

Dissolve cornstarch in water; stir to cook and stir until thickened and clear. Store in covered container in refrigerator. Use as a basting sauce and glaze for barbecued or broiled meats. Serve additional sauce on the side for dipping. Makes about 1 1/2 cups.

SHIRLEY SAUCE

(Makes 6 Half Pints)

12 large ripe tomatoes
2 large green peppers
2 large onions
2 c. sugar
2 c. vinegar
2 Tbsp. salt

Use only perfect jars without nicks or cracks and new lids. Check lids to make sure that they fit perfectly. Wash jars in hot, soapy water just before using. Then rinse and dip into boiling water to sterilize them.

Peel and cut tomatoes. Chop pepper and onions. Combine all ingredients and simmer for 1 hour, or until thick. Pack hot, into hot jars. Process 20 minutes in a simmering water bath.

Note: Water bath temperature for processing tomatoes is 190° to 200°.

JIM'S SPAGHETTI SAUCE

2 lb. lean ground beef
1/2 lb. ground pork
1/4 lb. chopped pepperoni sausage
1/2 bunch parsley, minced
2 medium onions, chopped
2 cloves garlic, minced
3 (16 oz.) cans whole tomatoes, chopped
2 c. water
1 (15 oz.) can tomato paste
1 (15 oz.) can tomato sauce
1 Tbsp. sugar
2 tsp. oregano leaves
2 tsp. basil leaves
2 tsp. salt
2 large bay leaves
Parmesan cheese

In large kettle, brown beef, pork and pepperoni. Drain excess fat and add minced garlic, then onions and parsley. Cook, stirring until onion becomes clear. Add garlic, whole

tomatoes, tomato paste, tomato sauce, sugar, oregano leaves, basil leaves, salt and bay leaves with 2 cups water and bring to a boil. Reduce heat and simmer for 15 minutes, occasionally skimming the foam as it forms. Cover and continue to simmer for 3 hours, stirring occasionally. (This may be prepared ahead and reheated or may be frozen for future use.)

Prepare 1 pound spaghetti according to instructions. Drain and toss with 1/3 cup melted margarine or butter before putting on sauce. Pass the Parmesan, please.

Mary Kato

MILD SPANISH SAUCE

2 Tbsp. butter or olive oil
2 Tbsp. finely chopped onions
2 Tbsp. finely chopped green pepper
2 c. canned or sliced fresh tomatoes
1 tsp. sugar
1/2 tsp. salt
1/4 tsp. pepper

Saute onions and green pepper in olive oil until onions are clear. Add the tomatoes and seasonings; cook until thick. Excellent over omelets or other dishes, as desired.

WHITE CLAM SAUCE

1 can chopped clams
6 to 8 cloves garlic, cut in half
1 cube margarine
1/2 c. dried parsley flakes
1 Tbsp. basil
1/4 c. Parmesan cheese
fresh mushrooms
1 can mushroom soup

Melt cube of margarine; then saute garlic for about 1 minute. Add parsley flakes, basil, cheese and mushrooms. Add clams with liquid. Simmer for approximately 2 minutes. Blend soup and again simmer 2 minutes. Serve with spaghetti or vermicelli.

COTTAGE CHEESE ASPARAGUS MOUSSE

1 envelope unflavored gelatin
1/4 c. water
1 (14 1/2 oz.) can cut green asparagus spears
1 1/2 c. cottage cheese, sieved
2 Tbsp. lemon juice
1/2 tsp. prepared mustard
1/2 tsp. salt
1 c. chopped blanched almonds

Sprinkle gelatin over water to soften. Drain asparagus,

reserving liquid; add enough water to make 1 cup. In a 1-quart saucepan, heat liquid to boiling; add softened gelatin. Cook, stirring, until gelatin is dissolved; cool slightly.

In a bowl, combine cottage cheese, lemon juice, mustard, salt, almonds and asparagus; blend in gelatin mixture. Turn into a 4-cup salad mold. Chill until firm. Unmold onto salad greens. Makes 6 to 8 servings.

ASPARAGUS SALAD

1 pkg. frozen asparagus spears
2 tsp. sesame seed oil
1 tsp. sugar
6 drops hot sauce (optional)
2 Tbsp. soy sauce
1 tsp. minced red preserved ginger
1/4 tsp. m.s.g.

Thaw asparagus slightly and cut into oblique pieces about 1-inch long. Rinse with boiling water to cook slightly without actually parboiling. Drain.

Mix in bowl the soy sauce, oil, sugar and m.s.g. Combine dressing with the asparagus. Add the hot sauce and mix again. Top with minced red ginger. If fresh asparagus is in season, by all means, use it.

Milder Version: Use 1 tablespoon soy sauce. Omit the ginger and hot sauce. Use sesame seed.

Irene Nakano

CABBAGE SALAD

1 medium cabbage
3 green onions
1 pkg. Nissen Ramen, crumbled
3 Tbsp. sesame seed
1 cooked and shredded chicken breast (optional)

Dressing:

3 Tbsp. sugar
1/3 c. wine vinegar
1/4 c. salad oil
1 tsp. ajinomoto
2 tsp. salt
1/2 tsp. black pepper

Slice cabbage and green onion thin and add remaining ingredients. Mix dressing and pour over salad and toss.

Naoko Sato

COLE SLAW

1 Tbsp. sugar
1 green pepper, julienned
4 c. finely shredded cabbage
1 tsp. salt
few drops onion juice
dash of pepper
4 to 5 Tbsp. mayonnaise
2 Tbsp. cider vinegar

Combine sugar, green pepper, cabbage, salt, onion juice and pepper. Then blend mayonnaise and cider vinegar. Pour over cabbage mixture. Mix well and serve.

Sachi Itaya

COSMOPOLITAN SALAD

1 pkg. lime Jell-O
1 pt. hot water (not boiling)
1 Tbsp. vinegar
1/2 tsp. salt
1 c. pineapple tidbits
1 c. diced cucumbers
1/2 c. diced celery
2 Tbsp. chopped pimiento (optional)

Dissolve Jell-O. Add vinegar and salt. Pour thin layer of Jell-O in mold and chill until firm. Chill the rest until slightly thickened.

Combine remaining ingredients and place in mold. Add slightly thickened Jell-O and chill until firm. Unmold onto crisp lettuce.

CRAB STUFFED AVOCADOS

1/2 c. mayonnaise
1/2 c. minced celery
1 small bottle minced pimiento
2 tsp. lemon juice (and extra for sprinkling avocados)
1/8 tsp. Worcestershire sauce
dash of Tabasco sauce
3 ripe avocados
salt
crisp salad greens
1 1/2 c. cooked, drained, canned or thawed frozen King crabmeat

Combine mayonnaise, celery, pimiento, 2 teaspoons lemon juice, Worcestershire sauce, Tabasco sauce, halve avocados lengthwise; remove pits, peel and sprinkle with lemon juice and salt. Arrange each avocado half on a bed of crisp greens; fill with some crabmeat, then top with mayonnaise mixture or combine crabmeat and mayonnaise and fill. Serves 6.

CRAB SALAD

1/2 c. mayonnaise
1/4 c. sour cream
1/4 c. chopped green onions
1/4 c. thinly sliced celery
1 hard-boiled egg, chopped
1/2 Tbsp. lemon juice
2 tsp. dill weed
1/8 tsp. pepper

Mix together and fold in 8 ounces sea legs, pulled apart in small pieces or 8 ounces fresh crab.

Fusako Okamoto

CURRIED CHICKEN SALAD

2 c. cubed, cooked chicken
1 c. cocktail peanuts
1 c. halved, seedless white grapes
1 c. finely chopped celery
2 Tbsp. finely chopped onion
1 Tbsp. lemon juice
3/4 tsp. curry powder
1/2 tsp. salt
1/8 tsp. pepper
1/2 c. mayonnaise
lettuce

In a large bowl, combine peanuts, chicken, grapes, celery, onion and lemon juice; toss to blend. Combine curry powder, salt and pepper. Blend seasonings into mayonnaise. Add to chicken mixture; mix well. Chill until ready to serve. Serve on lettuce leaves. Makes 4 to 6 servings.

CRUNCHY CABBAGE SALAD

Dressing:

2 Tbsp. sugar
3 Tbsp. cider vinegar
1/3 to 1/2 c. oil
1/2 tsp. pepper
flavor packet (from noodle mix)

Salad:

2 Tbsp. sesame seed
1/2 c. slivered almonds
1/2 large head cabbage, shredded
4 green onions, chopped
1 (3 oz.) pkg. Oriental Ramen-style (noodle), chicken flavor

Make dressing early in day by combining all ingredients. Mix well. Refrigerate.

Mix sesame seed, slivered almonds, cabbage and green

onion together. Break dry noodles into small pieces and add to cabbage mixture. Add dressing.

Fumi Asano

GREEK SALAD

2 heads butter lettuce
1 cucumber, sliced
1 green pepper, sliced
8 radishes, sliced
4 green onions, sliced
3 medium tomatoes, sliced
Feta cheese
ripe Greek olives
anchovies
Greek dressing

Wash and dry lettuce, tear and place in salad bowl. Add remaining salad vegetables and toss. Garnish with cubed or crumbled Feta cheese and Greek olives and the anchovies (may be omitted). Pour dressing over top of salad to marinate just before serving.

Dressing:

1/2 c. wine vinegar
1 tsp. salt
1/2 tsp. oregano, crushed
1/4 tsp. freshly ground pepper
1 c. olive oil
2 Tbsp. lemon juice

Place vinegar, salt, oregano and pepper in bowl and beat with wire whip while slowly adding olive oil. Add lemon juice and continue beating until thoroughly blended.

HOT POTATO SALAD

15 medium-size red potatoes
1/2 lb. bacon
1/3 c. wine vinegar
1/2 c. sugar
2 tsp. salt
1/2 tsp. freshly ground pepper
1/2 c. water
1 green onion, chopped
1 Tbsp. chopped parsley
2 hard-cooked eggs

Boil potatoes until fork-tender. Peel and slice into bowl and cover to keep warm. Dice bacon and fry until crisp. Remove bacon and to the drippings, add vinegar, sugar, salt, pepper and water to make a dressing. Bring to a boil. Sprinkle with chopped onions and parsley over the potatoes. Add dressing and garnish with diced bacon and chopped eggs.

ITALIAN SALAD

1/2 c. red wine vinegar
1/2 c. olive oil
1 to 2 tsp. salt
1 tsp. sugar
1/2 tsp. crushed oregano
1/2 tsp. crushed thyme
dash of pepper
3 to 4 chopped green onions
2 Tbsp. chopped parsley
1 clove chopped garlic

Mix the ingredients and marinate, all cans drained, the garbanzo beans, rinsed kidney beans, green beans, green olives, black olives, sliced jar of artichokes, canned or fresh mushrooms, celery and parboiled carrots. Marinate overnight. Add red radishes just before serving.

Irene Nakano

LEMON JELLO SALAD

2 (3 oz.) pkg. lemon jello
2 c. boiling water
1 c. miniature marshmallows
1 c. crushed pineapple, drained (save juice)
3 bananas, sliced

Topping:

1 small can pineapple juice and amount saved
1 c. sugar
1 beaten egg
2 Tbsp. flour

Mix jello, boiling water, pineapple, marshmallows and bananas and chill until firm.

Mix topping ingredients and cook for 5 minutes, rolling boil twice. Set aside to cool.

Whip 1/2 pint whipping cream, slightly sweetened. Fold into custard. Spread on top of jello. Garnish with sliced almonds or walnuts. Serve in 2-quart dish.

Kate Hisaka

NEW MANHATTAN SALAD

1 pkg. lemon Jell-O
1 pt. hot water (not boiling)
1 tsp. vinegar
1/2 tsp. salt
1 c. diced apples
1 c. diced celery
1/2 c. walnut meat, chopped

Dissolve Jell-O in water. Add vinegar, salt and pour thin layer in mold. Chill until firm. Combine apples, nuts and celery; place in mold, adding remaining Jell-O. Chill until firm. Unmold on crisp lettuce. Serve with mayonnaise.

TOMATO SALAD DRESSING

1 can tomato soup
1 Tbsp. dry mustard
3/4 c. vinegar
clove garlic or onion (leave in jar)
1 tsp. salt
1/2 c. salad oil
1 Tbsp. Worcestershire sauce
1/2 c. sugar

Put in tight jar; shake well. Keep indefinitely.

$65.00 SALAD DRESSING

1/2 c. sugar
1 c. salad oil
1/2 c. catsup
6 Tbsp. vinegar
2 Tbsp. lemon juice
1 tsp. salt
1 tsp. celery salt
1 tsp. dry mustard
1/2 tsp. garlic salt or powder
1/2 tsp. onion salt or powder

Mix until smooth. Keep refrigerated.

PINEAPPLE DRESSING

(For Fruit Salad)

1/4 c. butter
1 c. sugar
1 Tbsp. flour
1 c. pineapple juice
2 eggs, beaten well
1 Tbsp. lemon juice (approximately)

Cook in double boiler until thick.

GREEN GODDESS SALAD DRESSING

3 Tbsp. chopped parsley
2 Tbsp. chives or onion tops
1 c. mayonnaise
2 tsp. lemon juice
pepper
3 Tbsp. chopped green onions
2 oz. can anchovies
1 Tbsp. tarragon vinegar
1/4 tsp. salt

Mix all ingredients.

GREEN GODDESS DRESSING

10 fillets of anchovy, finely cut
1 green onion, finely sliced
1/2 c. chopped parsley
2 Tbsp. finely cut tarragon
1/4 c. finely cut chives
3 c. mayonnaise flavored with 2 Tbsp. tarragon vinegar

Combine all ingredients. Let stand to mellow at least an hour before using. This is a thoroughly rewarding dressing for all seafood and fish salads.

FRUIT SALAD DRESSING

1 c. sour cream
2 eggs, beaten
3/4 c. sugar
1/3 c. lemon juice
1/2 c. pear or pineapple syrup (drained from fruit)

In a saucepan, combine eggs, sugar, fruit syrup and lemon juice. Cook over medium heat, stirring constantly, until mixture thickens. Fold in sour cream and chill thoroughly before serving on fruit salad.

CHIFFONADE SALAD DRESSING

1 hard-boiled egg, finely chopped
1 tsp. finely cut chives
1 Tbsp. chopped green pepper
1 Tbsp. chopped red pepper
1 tsp. salt
1 tsp. ground pepper
1 tsp. paprika
1 tsp. tarragon vinegar
1/2 c. olive oil
3 Tbsp. cider vinegar

Combine the ingredients in a pint jar and shake well.

BLUE CHEESE DRESSING

2 c. mayonnaise
2 c. buttermilk
1/4 lb. Blue cheese
1 tsp. Worcestershire sauce
1 tsp. salt
clove fresh garlic, crushed

Blend with beaters. Keeps 6 weeks.

BLUE CHEESE PIMIENTO DRESSING

1/4 c. crumbled Blue cheese (about 1 1/4 oz.)
4 pimientos, finely chopped with own liquid
1/3 c. salad oil
1/4 c. tarragon vinegar
1 tsp. sugar
1/4 tsp. salt

Blend all ingredients together with electric mixer or blender until almost smooth.

UNDER THE SEA SALAD

1 pkg. large lime jello
1/2 c. pear juice
1 large cream cheese
1 1/2 c. hot water
1/4 tsp. salt

When cool, pour 1 cup jello over pears. Arrange in mold, then chill for 1 hour. Beat the other cup of jello and add to large cream cheese. Whip to whipped cream texture. Pour over the pear and let set.

Lydia Ota

SHRIMP SALAD

3/4 c. mayonnaise
1 small can chow mein noodles
1 can shrimp, drained
1 pkg. frozen peas, uncooked
1 small head lettuce

Toss together about 10 minutes before serving.

Marie Mitsuda

PHILADELPHIA CREAM CHEESE SALAD

1 pkg. lime jello
1 c. boiling water
1 small can crushed pineapple and juice
1/2 c. fine nutmeats
1 c. cream, whipped
1/2 c. celery, chopped fine
1 (8 oz.) pkg. Philadelphia cream cheese, softened
1 c. miniature marshmallows

Mix in order given (jello and water mixture, pineapple and juice, nutmeats, cream, celery, cream cheese and marshmallows) after water and jello are syrupy.

Aiko Nishida

PASTA SALAD

1 lb. spaghetti
1 jar Salad Supreme
1 bottle Zesty or Viva Italian dressing
3 tomatoes
2 green peppers
2 cucumbers
black pepper to taste

Boil spaghetti, drain then add all ingredients and mix. Cool and serve.

Geri Parrilla

MINT FRESH NECTARINE TOWER

3 or 4 fresh California nectarines
3 envelopes unflavored gelatin
4 c. clear apple juice
4 Tbsp. pickling spice
5 tsp. mint flakes
2 Tbsp. sugar
3 Tbsp. cider vinegar
green food coloring (if desired)
1 c. seedless grapes, halved
1/2 c. maraschino cherries, halved
mint sprigs or salad greens
mayonnaise

Slice nectarines from pits to measure 3 cups. Soften gelatin in a small amount of apple juice. Combine 1 cup apple juice, pickling spice, mint flakes, sugar and vinegar; simmer for 5 minutes. Strain and pour over softened gelatin; stir until dissolved. Blend in remaining apple juice. If desired, tint with food coloring. Chill until mixture mounds on spoon.

Fold in nectarines, grapes and cherries. Pour into an 8-cup salad mold; chill until firm. Unmold on serving plate; garnish with mint sprigs or salad greens. Serve with mayonnaise. Makes 10 to 12 servings.

SOUR CREAM POTATO SALAD

2 lb. (about 6 medium) Russet potatoes
6 slices bacon
2 eggs, beaten
1 c. dairy sour cream
1/4 c. bacon drippings
1 Tbsp. sugar
1 Tbsp. vinegar
1/2 tsp. salt
1/8 tsp. white pepper
2 hard-cooked eggs, sliced
1 medium onion, thinly sliced
parsley

Cook potatoes in their jackets until tender. Meanwhile, fry bacon until crisp. Drain bacon, reserving 1/4 cup drippings; crumble bacon.

Combine beaten eggs, bacon drippings, sour cream, sugar,

vinegar, salt and pepper. Cook over low heat, stirring until dressing has thickened slightly. Keep warm.

To assemble salad, peel and slice hot potatoes. Reserve a few slices for garnish. Combine potatoes with bacon, remaining egg slices, onion and dressing; toss lightly to blend. Garnish with egg slices and parsley. Serve warm. Makes 6 servings.

RIBBON SALAD

1 1/2 c. hot water
1 small can pineapple, crushed
1 1/2 c. hot water
1 small (3 oz.) pkg. cream cheese
1 small carton Cool Whip
1 (3 oz.) pkg. strawberry jello
1 (3 oz.) pkg. lime jello
1 (3 oz.) pkg. lemon jello
1 1/2 c. hot water

Dissolve lime jello in 1 1/2 cups hot water. When slightly thickened, add crushed pineapple. Pour into 13 x 9-inch pan. Chill until thick.

Dissolve lemon jello in 1 1/2 cups hot water. When slightly thickened, add cream cheese (softened) to Cool Whip and fold into lemon jello. Mix well. Pour over lime jello mixture and chill until thickened.

Dissolve strawberry jello in 1 1/2 cups hot water. Let cool, then pour over lemon jello mixture.

Harumi Tanaka

TOMATOES VINAIGRETTE

2 medium tomatoes, sliced
1 medium cucumber, thinly sliced
1/2 red onion, sliced and separated into rings
shredded lettuce
2 Tbsp. chopped parsley

Dressing:

1/2 c. salad oil
1/4 c. wine vinegar
1/4 tsp. ground savory
1/4 tsp. ground tarragon
1/4 tsp. crumbled bay leaf
1/8 tsp. black pepper
1/4 tsp. celery salt
1/2 tsp. salt

Place in shallow glass dish. Alternate layers of

tomatoes, cucumber and onion. Beat dressing ingredients together. Pour over vegetables and chill, covered, for several hours. Drain and serve on shredded lettuce. Sprinkle with chopped parsley. Serves 6.

VEGETABLE SALAD WITH CRABMEAT

1 (7 oz.) can crabmeat, flaked
1 head lettuce, broken in small pieces
1 cucumber, sliced
2 green onions, sliced
radishes, sliced
celery, sliced

Dressing:

2 c. Hellmann's mayonnaise
juice of 1/2 lemon
salt and pepper
m.s.g.

Combine vegetables in bowl. Add crabmeat to dressing and pour over vegetables just before serving. Garnish with tomato wedges and sliced hard-boiled eggs. Serves 10 to 12.

Dressing: Combine mayonnaise, lemon juice, salt, pepper and m.s.g.

CURRIED MAYONNAISE

2 egg yolks
1 whole egg
2 Tbsp. lemon juice
1 1/2 tsp. curry powder
1/2 c. olive oil
1/4 tsp. salt
1 c. vegetable oil

Combine yolks, whole egg, lemon juice, curry powder and salt in blender or food processor; set at low and slowly dribble in the oils until desired consistency.

Excellent for salads combining fresh fruits with cooked fowl or ham.

MUSTARD WITH HONEY AND TARRAGON

1/4 c. mustard seed
3 Tbsp. dry mustard
2/3 c. water
3 Tbsp. honey
2 tsp. salt
2 Tbsp. fresh tarragon or 2 tsp. dried tarragon
3/4 c. wine vinegar

Place mustard seed, dry mustard and water in blender, using medium speed and set aside for 1 to 2 hours.

Place the rest of the ingredients in the blender with first mixture. Keeps well in refrigerator.

NARCIE'S HOUSE DRESSING

1 egg
8 oz. oil
1 Tbsp. Dijon mustard
1 clove garlic, crushed
1 Tbsp. wine vinegar
1 Tbsp. lemon juice
salt and pepper to taste

Whisk egg with oil to emulsion; add while beating mustard, garlic, vinegar, lemon juice, salt and pepper to taste.

YASHIRO DRESSING

4 Tbsp. (heaping) French mustard
6 Tbsp. salt
4 Tbsp. (rounded) sugar
6 c. salad oil
4 cloves garlic, crushed
2 c. Japanese vinegar
1 Tbsp. white pepper
1 tsp. ajinomoto
1/2 c. lemon juice

First beat mustard, sugar and salt in large bowl. In another container, mix vinegar, pepper, ajinomoto, lemon juice and garlic. Beat into first mixture, the salad oil alternately with vinegar mixture.

<<< Extra Recipes >>>

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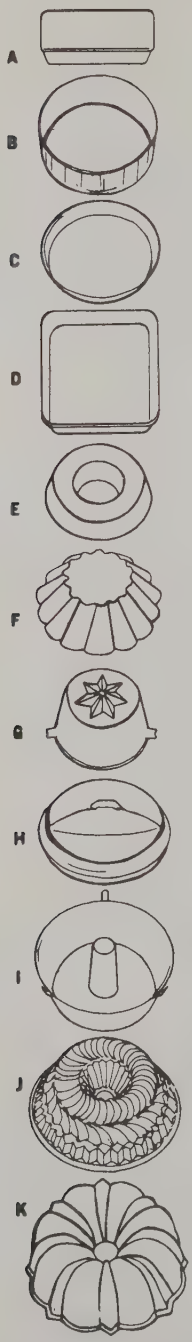
Main Dishes (Casseroles)

Common Kitchen Pans to Use as Casseroles



WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate
8 x 1¼-inch layer-cake pan -C
7 3/8 x 3 5/8 x 2¼-inch loaf pan -A

6-cup baking dish:
8 or 9 x 11½-inch layer-cake pan -C
10-inch pie plate
8½ x 35/8 x 25/8-inch loaf pan -A

8-cup baking dish:
8 x 8 x 2-inch square pan -D
11 x 7 x 1½-inch baking pan
9 x 5 x 3-inch loaf pan -A

10-cup baking dish:
9 x 9 x 2-inch square pan
11¾ x 7½ x 1¾-inch baking pan -D
15 x 10 x 1-inch jelly-roll pan

12-cup baking dish or over:

13½ x 8½ x 2-inch glass baking pan	12 cups
13 x 9 x 2-inch metal baking pan	15 cups
14 x 10½ x 2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½ x 3-inch "Bundt" tube -K	6 cups
9 x 3½-inch fancy tube or "Bundt pan -J or K	9 cups
9 x 3½-inch angel-cake pan -I	12 cups
10 x 3¾-inch "Bundt" or "Crownburst" pan -K	12 cups
9 x 3½-inch fancy tube -J	12 cups
10 x 4-inch fancy tube mold (kugelhupf) -J	16 cups
10 x 4-inch angel-cake pan -I	18 cups

Melon Mold:

7 x 5½ x 4-inch mold - H	6 cups

Spring-Form Pans:

8 x 3-inch pan -B	12 cups
9 x 3-inch pan -B	16 cups

Ring Molds:

8½ x 2¼-inch mold -E	4½ cups
9¼ x 2¾-inch mold -E	8 cups

Charlotte Mold:

6 x 4¼-inch mold -G	7½ cups

Brioche Pan:

9½ x 3¼-inch pan -F	8 cups

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ASPARAGUS ROLLS IN CASSEROLE

16 to 24 large cooked asparagus stalks
4 to 6 large slices boiled ham
salt and pepper
melted butter

Cheese-Olive Sauce:

1/4 c. butter or margarine
2 Tbsp. fine chopped onions
1 tsp. salt
1/3 c. sifted flour
2 c. rich milk
1/2 c. shredded American cheese
1/2 c. olives, cut into medium size pieces

Arrange 4 to 6 stalks asparagus on each slice of ham. Sprinkle lightly with salt and pepper and brush with butter. Roll over to enclose asparagus. Arrange in a shallow oblong casserole or baking dish. Cover with Cheese-Olive Sauce and bake in preheated 350° oven, about 25 minutes.

Cheese-Olive Sauce: Melt butter. Saute onion. Add salt and flour. Blend well. Add milk. Cook over moderate heat, stirring until thickened and smooth, about 5 minutes. Stir in cheese and olives. Keep over heat only until cheese melts.

Shige Mizuno

BURRITOS–SPANISH RICE

1 doz. large flour tortillas
2 to 3 cloves garlic, minced
1 onion, chopped
4 balls chorizo
2 lb. meat (pork, beef or leftover roast)
1 (4 oz.) can Ortega green chilies
3 cans Ortega chili salsa
pinch or 2 of sugar

Spanish Rice:

1 box MJB rice (2 c.)
1 garlic, finely chopped
1 (15 oz.) can Hunt's tomato sauce
1 onion, finely chopped
1 bell pepper, chopped
2 c. water
2 chicken bouillons (for flavor)

Cut meat and fry; add onion, garlic and chorizo. Shred green chilies or cut in narrow strips. Add to ingredients with

the 3 cans chili salsa. Cover pan and cook on medium heat for 5 to 10 minutes. Then remove lid and cook on low heat until mixture thickens.

Spanish Rice: Brown rice in oil. Put vegetables in; add tomato sauce, 2 cups water, 1/4 teaspoon pepper and salt to taste. Cover. Steam 30 to 35 minutes. Remove cover and mix.

Burritos: In large flour tortilla, place meat mixture, Spanish rice and guacamole.

Guacamole: Mash avocado. Add lemon juice and mayonnaise.

Sachi Itaya

RUSSIAN CABBAGE RING

8 large cabbage leaves
1 1/2 lb. ground beef
3/4 c. quick or old fashioned rolled oats, uncooked
1 (6 oz.) can tomato paste
1 egg, beaten
1/4 tsp. garlic powder
1 1/2 tsp. salt
1/2 tsp. paprika
1 (8 oz.) can tomato sauce
1 Tbsp. Worcestershire sauce

Wash and trim cabbage leaves. Place in boiling salted water, cover and simmer for 5 minutes. Drain on absorbent paper. Line an ungreased 6-cup ring mold with cabbage leaves, allowing edges of leaves to hang over the side of mold.

Combine ground beef, oats, tomato paste, egg and seasonings; mix well. Pack meat mixture into cabbage-lined mold; cover with overhanging edges of cabbage leaves. Cover ring mold with aluminum foil. Bake at 350° for 1 hour. Remove from oven, remove foil and invert immediately on serving dish.

Heat together tomato sauce and Worcestershire sauce. Serve hot over cabbage ring. Garnish with dollop of sour cream, if desired. Makes 8 servings.

STUFFED CABBAGE

1/4 c. uncooked rice
1 head cabbage
2 medium onions
2 Tbsp. shortening
1 Tbsp. salt
1/4 tsp. pepper
1 tsp. monosodium glutamate
1 lb. ground pork
salt and paprika
2 Tbsp. butter
2 Tbsp. flour
1 (No. 2 1/2) can tomatoes
1/2 tsp. sugar
salt and pepper

Cook chopped onions and celery in fat with all the

seasonings. Until vegetables taste tender, but still crisp. Take off the stove and stir in ground meat and uncooked rice and mix well.

Take cabbage leaves that's been dipped in boiling water and dust salt and paprika. Then place 1 tablespoon meat mixture in each leaf and make each leaf into a little envelope, tucking the sides in well.

Melt butter in frying pan and fry the stuffed cabbage until delicately brown. Take out of pan (save the butter) and place in a 2-quart casserole.

Sauce: Stir the flour into the butter in frying pan until smooth. Then stir in the tomatoes slowly. Next, the sugar, stirring until sauce has thickened. Add salt and pepper to taste, and do taste! Pour sauce over the cabbage rolls and cook in oven for about 1/2 hour.

Emi Arata

CHICKEN AND MUSHROOM CASSEROLE

3 broiler-fryer chickens, cut up
3 tsp. salt
3/4 tsp. pepper
1/2 c. butter
12 small white onions, peeled
2 Tbsp. butter
1 lb. mushrooms, sliced
3/4 c. flour
4 c. chicken broth
1 pt. (2 c.) light cream
3/4 tsp. dried tarragon
1 (4 oz.) can pimiento, drained and diced

Wash chickens; drain and pat dry. Sprinkle chicken with salt and pepper. Brown chicken lightly on all sides in 1/2 cup butter in large skillet. Remove as browned; divide between 2 (3-quart) casseroles lined with heavy-duty foil. Add onions to skillet and cook, stirring occasionally, until browned; arrange in casseroles. Add remaining 2 tablespoons butter to skillet. Add mushrooms and brown lightly, about 5 minutes; divide between casseroles.

Blend flour into drippings in skillet. Stir in chicken broth and cream. Cook, stirring constantly, until mixture thickens and comes to boiling. Remove from heat; blend in tarragon and pimiento. Pour over chicken. Cover casseroles loosely with foil and bake at 325° for 1 hour, or until chicken

is tender. Serve one, cool and freeze the second.

To serve the second, reheat at 325° for 1 hour, or until chicken can be pierced with a fork. Remove foil and cover during last 15 minutes. Makes 2 casseroles; 6 servings each.

CHICKEN TAMALE PIE

1 c. cornmeal
1 c. milk
3 eggs, beaten
2 c. cooked chicken breast, chopped
2 Tbsp. chili powder (or to taste)
2 c. canned stewed tomatoes
1 can whole kernel corn
1 small onion, chopped
1 Tbsp. salt
1 can sliced olives

Mix cornmeal, tomatoes and milk in top of double boiler. Saute onion in small amount of butter with chicken. Add onions and corn to double boiler, along with the chicken. Over medium heat, thoroughly cook until mixture becomes thick. Add beaten eggs and olives and place in greased baking dish. Bake 40 minutes in 300° to 325° oven.

Agnes Yoshimura

BEEF AND TAMALE CASSEROLE

1 lb. ground beef
1 Tbsp. shortening or salad oil
1 large onion
1 clove garlic, minced
1 medium (No. 300) can tamales, cut in 1-inch pieces
1 medium (No. 2) can cream corn
1 small (8 oz.) can tomato sauce
1 small (4 oz.) can sliced mushrooms
1 tsp. salt
1/4 tsp. pepper
1/2 c. pitted ripe olives
1/4 c. grated Cheddar or Parmesan cheese
dash of m.s.g.

Brown meat in shortening with onion and garlic until meat is crumbly and onion tender. Stir in tamales, corn, tomato sauce, mushrooms, salt and pepper. Spoon into a 2 1/2-quart casserole. Bake in a moderate 350° oven for 1 hour.

Mix in olives and sprinkle top with grated cheese. Return to oven for 10 minutes longer to brown. Serves 8.

Dorothy Egi

TAMALE PIE

2 tsp. salt
1 1/2 lb. ground beef
1 large onion, chopped
1 clove garlic, minced
1 can whole tomatoes (2 c.)
1 (8 oz.) can tomato sauce
1/2 c. water
1 pkg. frozen lima beans
1 pkg. frozen corn
1 (28 oz.) can Bebhardt tamales

Sprinkle salt in a heavy frying pan and heat. Brown ground beef, onion and garlic in the hot pan until meat is brown and onion is limp. Pour in tomatoes, tomato sauce and water. Add frozen lima beans and corn; mix well. Cover and simmer for 15 minutes to blend flavors.

Break tamales in a greased 3-quart casserole; pour in tomato mixture. Stir well. Bake in a moderate oven for 45 minutes to 1 hour. Serves 6 to 8.

Harumi Tanaka

ENCHILADAS

1 lb. ground beef
1/2 c. chopped onion
3 (10 oz.) cans enchilada sauce
8 corn tortillas
1 c. grated Cheddar cheese
sour cream
ripe olive slices

Saute beef and onions in skillet until onions are tender. Drain fat. Mix in 1/2 cup enchilada sauce. Set aside.

Heat 1 can enchilada sauce in shallow pan (skillet). Dip each tortilla in sauce until well coated. Lay tortilla in 9 x 13-inch baking dish. Fill with 3 tablespoons meat mixture and roll. Place seam side down, side by side in same dish. Cover rolled enchiladas with remaining sauce. Bake at 350° for about 20 minutes, or until bubbly. Garnish with cheese, sour cream and olives.

Note: Cooked chicken may be substituted for the beef.

ENCHILADA CASSEROLE

2 lb. ground beef
1 can corn
1 tsp. seasoned salt
1/2 c. chopped onion
1/2 tsp. oregano
1/2 tsp. pepper

1 small can enchilada sauce
1 pkg. corn tortillas
1 c. Monterey Jack cheese
1 can tomatoes (2 c.)
1 c. grated Cheddar cheese

Saute meat in skillet, breaking up as it cooks. Add onions and cook until limp. Stir in seasonings, enchilada sauce, tomatoes and corn. Break up tomatoes in small pieces. Simmer, covered, for 10 minutes. Cool.

Cut tortillas in half. Line a greased 9 x 13-inch pan with 1/3 of the tortillas. Pour 1/2 meat and corn mixture over the tortillas and sprinkle with half the Cheddar cheese. Place second layer of tortillas over meat mixture. Pour remaining meat mixture over tortillas and sprinkle with remaining Cheddar cheese. Top with tortillas and sprinkle the Monterey Jack cheese over the top. Cover and bake at 350° for 30 minutes, or longer if it has been refrigerated.

Lydia Ota

CHILES RELLENOS

1 lb. ground beef
2 tsp. minced onion
2 Tbsp. flour
1 tsp. salt
1/2 tsp. chili powder
1 c. cooked elbow macaroni
1 (16 oz.) can tomatoes
4 large green peppers
1/2 tsp. salt
1/2 c. boiling water

Brown meat and onion slowly in a heavy skillet. Blend in flour, 1 teaspoon salt and chili powder. Add tomatoes and cook slowly, stirring frequently, until thickened. Remove from heat; fold in cooked macaroni. Cut peppers in half lengthwise; remove stems and seeds. Add 1/2 teaspoon salt to boiling water in saucepan. Add pepper halves, cover and simmer for 5 minutes. Drain peppers and arrange in shallow baking dish. Fill each pepper half with 1/3 to 1/2 cup meat mixture. Bake at 350° for 25 minutes. Makes 4 servings.

RICE-GREEN CHILES-CHEESE CASSEROLE

1 c. uncooked rice (Uncle Ben's)
6 medium zucchini, thinly sliced
4 or 5 large tomatoes, peeled and thinly sliced
salt
1 tsp. oregano, crushed

1 (7 1/2 oz.) can chopped green Ortega chiles
1 lb. cheese (Jack), grated
1/2 c. chopped green pepper
1 tsp. garlic salt
2 c. sour cream
1/2 c. chopped green onion
2 Tbsp. chopped parsley

Cook rice according to directions on package. Cook zucchini in small amount of salted water until crisp tender. Drain and set aside.

In a 13 x 9 x 2-inch glass baking dish, buttered, place the cooked rice; cover with chopped chiles. Sprinkle on half of the grated cheese; arrange zucchini slices over cheese. Place the tomato slices on top of zucchini slices. Sprinkle with a little salt.

Combine sour cream, oregano, garlic salt, green pepper and green onions. Spoon evenly over the tomato slices. Sprinkle remaining cheese over all. Bake in 350° oven for 45 to 50 minutes, or until heated through. Sprinkle with parsley and serve. The leftover will freeze.

Elsie Kagehiro

CRESCENT, SAUSAGE, CHEESE BAKE

(This Is A Good Brunch Dish)

2 pkg. crescent rolls
8 oz. pkg. Brown 'N Serve sausage, thawed and sliced
2 c. shredded Swiss cheese
5 eggs, slightly beaten
3/4 c. milk
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano

Preheat oven to 425°. Separate dough and press into 9 x 13-inch pan and 1/2-inch up the side to form a crust. Place sausage over crust and sprinkle with cheese. Combine remaining ingredients and pour over cheese. Bake at 425° for 25 minutes.

Iva Yoshimura
Agnes Yoshimura

QUICK PIZZA PIE

2 c. Bisquick
1/2 c. water
1/2 c. grated Parmesan cheese
1 1/2 c. well drained cooked tomatoes or 1 small can marinara sauce
1 (2 oz.) can anchovies, chopped
1 c. sliced pepperoni
2 Tbsp. olive oil
1/4 c. chopped green onion
1/2 c. grated Mozzarella cheese

Heat oven to 425°. Mix Bisquick with water. Knead about 1 minute on surface dusted with Bisquick. Roll into a circle 1/4-inch thick. Place on baking sheet. Pinch edge of dough to make slight rim. Arrange the other ingredients on dough in order listed (Parmesan cheese, cooked tomatoes or marinara sauce, anchovies, pepperoni, olive oil, green onion and Mozzarella cheese). Bake about 25 minutes.

S. T. W.

NOODLES BORDELAISE

3 c. egg noodles
2 c. sour cream
1 c. grated sharp Cheddar cheese
1 Tbsp. instant minced onion
1/2 c. buttered breadcrumbs
1 large fresh tomatoes
1 1/2 tsp. Accent
1/2 tsp. dill weed

Cook egg noodles in boiling salted water until tender. Combine sour cream, cheese, onion, Accent and dill weed. Stir sour cream mixture into noodles, combining well. Turn into greased 13 x 9 x 2-inch glass casserole. Slice tomatoes into wedges and arrange in circle on top of casserole. Sprinkle with crumbs. Place under broiler 3 to 4 minutes until crumbs are lightly browned. Serve at once. Serves 6 to 8.

CROWD PLEASER POTATO CASSEROLE

6 large potatoes
1 can cream of chicken soup
1/2 to 1 pt. sour cream
1 1/2 c. sharp Cheddar cheese, grated
1/2 c. crushed cornflakes
1/2 cube butter
3/4 c. green onion or 3 green onions

Boil potatoes in jackets. Cool, peel and grate coarsely. Melt 1/2 cube butter. Add to soup and stir until smooth. Blend in dairy sour cream, salt, pepper, green onions and 1 1/2 cups cheese. Pour over potatoes and stir gently just until blended. Spoon into buttered 2 1/2-quart casserole. Bake, uncovered, at 350° for 30 minutes.

Combine 1/2 cup grated cheese with cornflake crumbs and sprinkle over casserole. Bake 10 to 15 minutes.

Lydia Ota

LASAGNE

1 box lasagne noodles
1/2 lb. Mozzarella or Monterey Jack cheese, shredded
1/2 lb. sharp Cheddar, shredded

Sauce:

1 1/2 lb. ground chuck
2 stalks celery
2 cans tomato paste
4 cans mushrooms (with water, plus 2 bouillon cubes)
1 Tbsp. chili powder
1/2 c. white wine
pinch of sage, thyme, rosemary and pepper to taste
1 onion, chopped
2 cloves garlic
1 c. shiitake
1/2 c. parsley
1 tsp. salt
1 1/2 Tbsp. sugar

Brown onions and celery in olive oil until light brown. Add chopped garlic, parsley, mushrooms, sage, thyme, rosemary, sugar, salt and pepper. Add meat and stir until done. Add 1/2 cup white wine. Simmer until wine evaporates.

Cook tomato paste, mushroom water and bouillon cubes in separate pan for few minutes. Add to meat mixture and cook for 3 hours.

Cook noodles in wok until done. Then in 9 x 13-inch casserole, layer sauce, noodles and cheese into 3 layers. Sprinkle with Parmesan cheese. Cover with foil. Bake at 350° for 25 minutes.

Sachi Itaya

SHIPWRECK

(Casserole)

sliced raw potatoes
sliced or diced onions
1 can red kidney beans
ground beef
salt and pepper

Place in a greased casserole dish: layer of sliced raw potatoes, layer of sliced or diced onions, 1 can red kidney beans, layer of ground beef and salt and pepper to taste. Cover with a can of tomato with rice soup. Bake at 350° until potatoes and ground beef are done, 45 minutes to 1 hour. When almost done, cover with thin layer of cheese. Serves 4.

Casserole can be made in any amount by adding more layers.

Kaye Sollars

CHICKEN LIVER AND GIZZARDS

1 lb. chicken livers and gizzards
2 Tbsp. soy sauce
1/4 tsp. white pepper
2 Tbsp. sugar
1/4 c. sake
2 Tbsp. thinly slivered fresh ginger root

Place all ingredients in crock-pot and stir thoroughly to mix. Cover and cook on high for 2 hours. Stir well and turn to low for 6 to 10 hours.

CROCK-POT CORNED BEEF AND CABBAGE

3 carrots, cut in 3-inch pieces
4 lb. corned beef brisket
3 medium onions, quartered
cabbage, cut in small wedges
1 to 2 c. water
3 to 4 whole peppercorns

Put ingredients in crock-pot in order listed (carrots, corned beef brisket, onions, cabbage, water and peppercorns). Cover and set to low for 12 to 24 hours or on high for 7 to 10 hours. Push cabbage wedges down into liquid after 5 or 6 hours on low or 2 to 3 hours on high.

CROCK-POT SAUERKRAUT AND SPARERIBS

3 lb. lean pork spareribs, cut in serving pieces
salt and pepper
1 small can sauerkraut
1/2 small head cabbage, shredded
1 large onion, thinly sliced
1 apple, quartered, cored and sliced thin
1 tsp. caraway seed or dill weed
1 c. water
1 tsp. salt

Sprinkle spareribs with salt and pepper. Brown ribs for 30 minutes in heavy skillet. Put alternate layers of ribs, sauerkraut, cabbage, onion and apples in crock-pot. Add caraway or dill to water and pour over all. Cover and set to low for 8 hours. Stir several times during cooking when using high only, 4 to 5 hours.

CROCK-POT BEEF STEW

3 carrots, cut up
3 potatoes, cut up
2 lb. chuck or stew meat, cut in 1 1/2-inch cubes
1 c. water
1/2 tsp. Worcestershire sauce
1 clove garlic, smashed
1 bay leaf
1 Tbsp. salt
1/2 tsp. pepper
1 tsp. paprika
3 onions, quartered
1 stalk celery (with tops), cut up

Put all ingredients in a crock-pot in the order listed (carrots, potatoes, chuck or stew meat, water, Worcestershire sauce, garlic, bay leaf, salt, pepper, paprika, onions and celery). Stir just enough to mix spices. Cover and set to low for 10 hours on high for 5 to 6 hours.

MANHATTAN CLAM CHOWDER

(For Crock-Pot Cooking)

1/4 lb. salt pork, diced and fried
1 large onion, chopped
2 carrots, thinly sliced
3 stalks celery, chopped
3 Tbsp. chopped parsley
1 (28 oz.) can tomatoes
1 1/2 tsp. salt (less may be used)
1 1/2 lb. shucked clams
2 whole peppercorns
1 bay leaf
1 1/2 tsp. dried thyme leaves, crushed
3 medium potatoes, pared and diced

Place all ingredients in crock-pot, stir, cover and cook on high for 1 hour. Turn down to low for 8 hours.

TONGUE CROCK-POT STYLE

1 beef tongue (fresh)
2 Tbsp. salt
1 1/2 c. water
1 bay leaf
2 lemons, squeezed
2 onions, quartered
6 whole peppercorns

Place thoroughly washed tongue in crock-pot. Add all remaining ingredients. Cover and cook on low overnight, or 7 to 9 hours. Remove from pot and allow to cool before slicing.

RICE COOKED IN CROCK-POT

Follow procedure for rice cooking, allowing to cook on high for 1 1/2 hours, stirring occasionally. When turned off, crock-pot will keep warm for serving for 2 to 3 hours.

EGGPLANT ITALIENE

8 large Japanese eggplant
2 eggs
breadcrumbs
olive oil
Parmesan cheese
salt
garlic salt
oregano

Steam eggplant for a few minutes, scoop out center and chop. Mix eggplant with eggs, breadcrumbs, olive oil, cheese, salt, garlic salt and oregano. Fill the steamed eggplant halves, sprinkle with more cheese and olive oil and bake at 300° for 40 minutes.

Irene Nakano

PURPLE P. EGGPLANT

2 large eggplant
2 Tbsp. vinegar
1 Tbsp. crushed sesame seed

Cut eggplant in 1/4-inch round slices and soak in water for awhile. Drain, pat dry and fry in greased pan, golden brown on both sides. Then arrange on large platter and pour mixture for flavor overall. Mix vinegar with crushed sesame seed. Simple and delicious.

Mae Ogawa

GREEN BEANS

1 lb. green beans (fresh)
garlic
almonds
1 chopped onion

Wash and snap green beans, then blanch in boiling water. Put a couple of cloves of garlic and chopped onion into hot olive oil. Add beans and stir-fry. That's it. Serve!

Geri Parrilla

PUFFY COATED ONION RINGS

2 large sweet Spanish onions
1 1/4 c. buttermilk
1 1/4 c. all-purpose flour
1 1/4 tsp. baking powder
2 eggs, separated
1 1/2 Tbsp. salad oil
1 tsp. salt
salt

Remove skins and slice onions 1/4-inch thick; separate into rings. Beat egg yolks. Add buttermilk, oil and sift dry ingredients. Beat egg whites until stiff. Fold into buttermilk mixture. Dip onion rings into batter. Fry, a few at a time, in deep fat heated to 375°. Drain thoroughly on paper towels; sprinkle with salt. Keep warm in oven.

Onion rings may be frozen. When ready to serve, place frozen onion rings on baking sheet and heat at 450° for 5 minutes. Makes 4 servings.

YELLOW SQUASH

5 medium yellow squash
garlic
Parmesan cheese
olive oil
1 red onion
1 white onion

Steam sliced squash and onions together until just barely tender. Add oil approximately 3 tablespoons and garlic, about 3 cloves (chopped). Throw onions and squash in frying pan and stir for about 2 minutes. Sprinkle with cheese and serve. Add salt and pepper to taste.

Geri Parrilla

TOMATOES AND ZUCCHINI

1 qt. chopped tomatoes
1 qt. chopped zucchini
1 medium onion, chopped
3/4 c. vinegar (5% acidity)
1/2 tsp. salt
1 bay leaf
basil, oregano or cumin (if desired)

Place washed vegetables in a kettle and cook until zucchini is tender, about 10 minutes. Pack in jars and add 1/2 teaspoon salt per pint. Add any other spices desired. Leave 1/2-inch headspace.

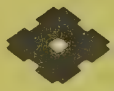
Wipe top of jars with a damp cloth and seal. Place in hot water bath canner and process at a hard simmer for 25 minutes for pints and 30 minutes for quarts. Remove from canner and let cool. Store in a cool, dark place.

ZUCCHINI STICKS

3 zucchini squash, about 6 to 7-inches long
1/2 c. all-purpose flour
2 tsp. cornstarch
1 large egg
1/2 c. ice water
oil (for deep-fat frying)
salt

Wash zucchini and dry. Cut off ends and throw away. Do not peel. Cut each squash lengthwise into 1/4-inch slices, then cut each slice lengthwise into 1/4-inch wide strips.

In a medium sized bowl, stir together flour and cornstarch. In another small bowl, beat egg until foamy; add water and beat to blend. Add to flour mixture and stir until just moistened. Batter will be lumpy. Do not stir batter again. Dip zucchini sticks into batter and fry in oil, which has been heated to 375°. Do not crowd. Turn once. Should be pale gold. Drain on brown paper. Sprinkle with salt and serve hot. Makes about 6 servings.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Tom & Amy Masumiya
And
Mary Sugimoto

Meats, Poultry & Seafood

Meat Cooking Chart

ROASTING	WEIGHT	MINUTES PER LB.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3 - 7 lbs.	30 -40	325	175 F
Leg	5 lbs.	25 -30	325	170 F
Picnic shoulder	5 - 10 lbs.	40	325	175 F
Shoulder, butt	3 - 10 lbs.	40 50	325	170 F
Boned and rolled Shoulder	3 - 6 lbs.	60	325	170 F
BEEF				
Standing ribs - rare	3 -7 lbs.	25	325	135 F
-medium	3 -7 lbs.	30	325	165 F
-well done	3 -7 lbs.	35	325	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder - well done	4 -10 lbs.	40	325	190 F
Shoulder - boned and rolled	3 -6 lbs.	40	325	182 F
Leg - medium	5 -10 lbs.	40	325	175 F
Leg - well done	3 -6 lbs.	40 - 50	325	182 F
Crown - well done	3 -6 lbs.	40 -50	325	182 F
SMOKED PORK				
Shoulder and picnic hams	5	30 -40	325	170 F
	8	30 -40	325	175 F
Boneless butt	2	40	325	180 F
	4	25	325 F	170 F
Ham	12 -20	16 -18	325 F	170 F
	Under 10 lbs	20	325	175 F
	Half hams	25	325	170 F
VEAL				
Loin	4 -6 lbs.	35	325 F	175 F
Leg	5 -10 lbs.	35	325	175 F
Boneless shoulder	4 -10 lbs.	45	325F	175 F
POULTRY				
Chicken	3 -5 lbs.	40	325F	170 F
Stuffed	over 5 lbs.	30	325	170 F
Turkey	8 -10 lbs.	20	325	175 F
	18 - 20 lbs.	14	325	175 F
Duck	5 -10 lbs.	30	325	175 F

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TUNA WITH VEGETABLES

An economical, easily prepared dish suitable for "busy" days when there is little time and "nothing to fix."

1 (7 oz.) can chunk-style tuna
1 rib celery, sliced thin diagonally
1 medium onion, sliced
1/2 green pepper, sliced or 2 green onions, cut in 1-inch pieces
1/2 c. mushrooms, sliced or leftover vegetable
1 Tbsp. oil
1/2 tsp. salt
1 Tbsp. soy sauce
1/2 tsp. sugar
dash of m.s.g.
2 eggs, beaten (optional)

In skillet, add oil and saute vegetables until tender, but crisp. Add salt and mix well. Drain oil from tuna and add to vegetables. Break up any large pieces. Add soy sauce, sugar and m.s.g. and cook until tuna is heated through. If desired, beaten eggs may be added and stirred as in scrambled eggs. Serve with rice. Serves 3.

RICE WITH CRAB AND EGGS

5 c. cold cooked rice
4 eggs
1 c. crab, flaked
3 Tbsp. lard or oil
1 tsp. salt
1/4 tsp. m.s.g.
1/8 tsp. pepper
1/2 c. peas, cooked (optional)

Heat pan. Add lard and heat until almost smoking. Reduce heat and add rice, then eggs in a thin stream (let eggs run down chopstick while moving chopstick rapidly over surface of rice), while stirring until rice is coated with egg and becomes separated. Add seasonings, peas and crab. Heat and serve immediately. Serves 6.

BOILED PORK DINNER

7 to 8 c. water
2 1/2 lb. rolled pork loin or deboned rib pork roast, sliced very thin
1 cabbage (medium size)
1 Tbsp. cornstarch (mixed with 1/4 c. cold water)

Cut cabbage into quarters. Remove core and center white veins from leaves. Wash and set aside in colander.

In a large pot, add water and bring to a boil. Add cornstarch mixture (this gives pork a slight glaze and keeps fibers of meat from shrinking excessively). Place only 3 to 4 slices of pork in boiling liquid at one time, so as to keep liquid at a gently rolling boil. Cook about 5 minutes, depending on thickness of pork. Arrange on platter. Repeat until all pork is cooked.

Cook cabbage in boiling liquid, taking care that it does not overcook, about 10 minutes. Cabbage should remain crisp. Place on large platter. Reserve liquid for soup. Serve meat with Karashi Jyoyu Sauce and serve cabbage with Sumiso Sauce.

Karashi Jyoyu Sauce (Mustard and Soy Sauce):

1 to 2 tsp. Colman's mustard
3 Tbsp. soy sauce
1 tsp. sesame oil
dash of m.s.g.
2 Tbsp. Japanese vinegar (available at Oriental stores)

Mix mustard with 2 teaspoons hot water to make a paste. Add remainder of ingredients and blend well. Place in small serving bowl to be served with meat.

Sumiso Sauce (Vinegar and Miso):

1/2 c. white miso
1 Tbsp. sugar
2 Tbsp. dashi or water
2 Tbsp. Japanese vinegar
1 tsp. Colman's mustard mixed with 1 Tbsp. water

In small saucepan, add miso, sugar and dashi; blend well and heat until sugar is dissolved. Remove from heat and mix in vinegar and mustard paste. Put in serving bowl to be served with cabbage.

SOUP

6 to 7 c. liquid (reserved from boiling pork and cabbage)
salt
m.s.g.
1/2 tsp. grated ginger
2 eggs, slightly beaten
chopped green onions (for garnish)

Bring liquid to a boil. Add ginger, m.s.g. and salt to

taste. Add beaten eggs slowly by using a chopstick to let eggs run down into liquid while moving chopstick (makes for light fluffy eggs). Cook a few minutes over low heat. Pour into individual bowls. Garnish with green onions.

GLAZED PORK STEAKS

4 pork steaks, thinly sliced

Marinade:

1 Tbsp. grated ginger
3 small cloves garlic, minced
1 Tbsp. sugar
1/2 c. soy sauce
2 Tbsp. salad oil
1 Tbsp. sherry
1 Tbsp. vinegar
1/4 tsp. Colman's mustard (mixed with 1/2 tsp. water)

Mix marinade ingredients together and let stand overnight in a covered jar.

Place meat in a shallow pan or bowl, pour marinade over the meat and let stand for about 20 minutes. Fry the meat in an ungreased pan until browned. Turn heat to low and cook for 20 minutes longer. Serves 3 to 4.

SAVORY FLANK STEAK

1 medium-size flank steak
1/3 c. soy sauce
1 Tbsp. sugar
1/4 tsp. ajinomoto
1 egg, beaten
1 clove garlic, minced
1/2 tsp. grated fresh ginger
3/4 c. breadcrumbs
1/2 c. flour
oil (for frying)

Slice flank steak diagonally against the grain into about 1/4-inch thick butterfly fashion. (Every other slice should not be cut through completely. Each piece can then be opened out and laid flat as one slice.)

Combine soy sauce, sugar, ajinomoto, egg, garlic and ginger. Marinate meat for at least 10 minutes. Dredge meat with mixture of crumbs and flour. Drop into hot oil about 1/4-inch deep in pan and fry a few minutes on each side until lightly browned. Place on paper towel to absorb oil. Serves 5.

FRANKFURTERS IN SOY SAUCE

8 frankfurters
3 Tbsp. sugar
3 Tbsp. soy sauce
3 Tbsp. sake, dashi or water
1/4 tsp. m.s.g.

Cut frankfurters diagonally into 1-inch pieces. Combine sugar, soy sauce, sake and m.s.g. in saucepan and bring to a boil. Add frankfurters and cook on high heat for 2 to 3 minutes, until well glazed.

Variation: One or two diced green peppers may be added. Peppers should be cooked until tender, but remain crisp.

GROUND BEEF WITH EGGPLANT

(An Easy-To-Prepare Everyday Dish)

1 large eggplant, sliced 1-inch thick
1 lb. ground chuck
2 green onions, chopped
2 Tbsp. sugar
2 Tbsp. soy sauce
1 Tbsp. sake
m.s.g.
2 eggs, beaten
flour
tomato, cut up (optional)
2 tsp. cornstarch (mixed with 1 Tbsp. water)
oil (for frying)

Place eggplant slices in cold water for 10 minutes. Drain and pat dry. Dip in beaten eggs, dredge with flour and deep fry. Drain on paper towels.

In skillet, brown ground chuck with green onions; add sugar, soy sauce, sake and m.s.g. Tomato pieces may be added with seasonings. Mix well and cook about 10 minutes. Add cornstarch mixture and cook until thickened.

To serve, put a slice of eggplant on plate and top with meat mixture. Serves 4.

BEEF ROLLS

1/2 lb. string beans
6 slices breakfast steaks or very thinly sliced beef

Teri-Shoyu Sauce:

1/3 c. mirin or 1/4 c. sugar and 1 Tbsp. sake
1/3 c. soy sauce
1/4 tsp. m.s.g.
1 tsp. cornstarch (mixed with 1 tsp. water)

Bring mirin and soy sauce to a boil. Add m.s.g. and

thicken with cornstarch mixture. Set aside to cool.

Wash and clean the string beans. Cook in boiling water with salt, uncovered, until tender. Do not overcook. Rinse with cold water and drain.

Take a slice of beef and brush the surface with "teri-shoyu". Place 3 to 4 pieces of string beans at one end and roll up like jellyroll. Fasten with toothpicks. Repeat until all the beef slices are used. Brown beef rolls in skillet, turning carefully until meat is tender and cooked. Brush with sauce while cooking. Cut into bite-size pieces.

Variation: Asparagus or boiled carrot strips may be substituted for string beans.

TOMATOEY BEANS 'N BURGER

1 lb. ground beef
1 (1 1/2 oz.) pkg. Sloppy Joe seasoning mix
1 c. water
1 (6 oz.) can tomato paste
2 (16 oz.) cans French-style green beans, drained
1 (2 1/2 oz.) jar sliced mushrooms, drained
1/2 c. shredded Cheddar cheese

Brown ground beef in large skillet, drain off excess fat. Stir in seasoning mix and water, blend well. Blend in tomato paste; cover and simmer for 10 minutes. Stir in beans and mushrooms. Turn into a 2-quart casserole; top with cheese. Bake at 350° for 20 to 30 minutes, or until bubbly. Makes 6 servings.

TONGOLESE BEEF

1 lb. taro leaves (20)
1 can corned beef
1 large onion, chopped
1/4 c. mayonnaise

Clean leaves; lay half (10 leaves) across large sheet of foil. Spread half of the chopped onions, then spread corned beef over surface of leaves. Spread remaining onions, then spread mayonnaise. Cover with rest of the taro leaves. Roll, fold ends in, wrap and seal with the foil into packages. Place over hot charcoals; cook for 1/2 to 3/4 hour, turning occasionally.

From A Friend

FAJITAS

1 to 1 1/2 lb. beef flank or skirt steak
1/2 c. lime juice
1/4 c. tequila
4 cloves garlic, finely minced
1 tsp. salt
1 tsp. white pepper

Cut steak into 4-inch pieces. Put in food storage bag and add remaining ingredients and mix thoroughly. Seal and marinate in refrigerator for at least 3 hours. Drain marinade and discard. Pan boil in a heavy skillet over medium heat for 2 to 3 minutes. Carve into thin slices, cutting against grain (will be tenderer than the grain). Serve with warm tortillas with chopped onions, tomatoes, grated cheese, guacamole, sour cream and salsa.

VEAL PAPRIKA

1/2 c. butter
1/2 c. flour
1 tsp. salt
2 lb. veal, cut in 1/2 x 1/2-inch strips
1 medium onion, chopped
1/2 lb. mushrooms, sliced
2 Tbsp. paprika
1 c. chicken broth
1/2 c. sherry
1 (11 oz.) can mushroom soup
hot rice or noodles

Combine flour, salt and 1 teaspoon paprika. Dredge veal strips generously with flour mixture. Melt butter in large skillet or Dutch oven. Brown veal; remove from skillet. Saute onions and mushrooms until onion becomes transparent. Add meat; sprinkle remaining paprika, cover with broth, sherry and stir well. Cover and simmer over low heat for 35 to 40 minutes, stirring occasionally to prevent burning. Add soup and blend well; continue cooking for another 10 minutes. Serve over hot rice or noodles. Makes 6 servings.

ALOHA HAM KABOBS

2 lb. smoked ham, cut in 1 1/2-inch cubes
2 Tbsp. brown sugar
1/4 tsp. ground ginger
3/4 c. apricot nectar
2 Tbsp. soy sauce
1 medium fresh pineapple
4 (12 to 16-inch) metal skewers

Combine brown sugar and ginger. Add apricot nectar and soy sauce and blend well. Cut 2 (1-inch) slices from center of pineapple. Pare slices and cut each into 6 wedges; remove

core from each wedge. Alternate 4 ham cubes and 3 pineapple wedges on each skewer. Brush apricot mixture on kabobs. Place on grill over hot, glowing coals. Grill until lightly browned, about 25 to 35 minutes, turning kabobs occasionally during cooking and brushing with apricot mixture. Makes 4 servings.

HAM BAKED WITH MADEIRA

1 (10 lb.) fully cooked ham
2 c. Madeira wine
2 1/2 c. beef stock
several sprigs parsley
1 bay leaf
1/4 tsp. thyme
1 c. apricot jam

Place ham in roasting pan. Pour wine, stock and seasonings into top and cover. Set in 325° oven and bake for 2 hours. Baste frequently. Remove ham from oven. Turn heat to 450°. Spread apricot jam over ham. Return to oven for 15 minutes to glaze. Boil pan liquids and thicken with cornstarch. Serves 16 or more.

MEAT LOAF

1 c. soft breadcrumbs
1 lb. ground beef
2 Tbsp. chopped green pepper
1 1/2 tsp. Worcestershire sauce
1/4 tsp. ground black pepper
1 egg
1/2 c. milk
1/3 c. chopped onion
1 Tbsp. ketchup
1 tsp. salt
1/2 tsp. dry mustard
1 (8 oz.) can tomato sauce

Preheat oven to 350° and grease 9 x 5 x 3-inch loaf pan. In medium bowl, thoroughly combine all ingredients, but use only half can of tomato sauce. Turn meat mixture into loaf pan; smooth surface and top with remaining tomato sauce. Bake 45 to 60 minutes. Makes 4 or 5 servings.

LEAN MEAT TREAT

1 1/2 Tbsp. sugar
2 Tbsp. soy sauce
1 tsp. grated ginger
1/8 tsp. ajinomoto

Have ready:

1/2 c. breadcrumbs (in flat dish)
1 to 1 1/2 lb. lean meat or flank steak, sliced thin

Mix sugar, soy sauce, ginger and ajinomoto in a bowl.

Pour this mixture over the prepared meat and set awhile. Bread each slice of meat and fry in slightly greased frying pan over medium flame. When done, line on paper towel to blot excess oil. Serve with boiled or slightly fried bean sprout or any other green vegetable.

Mae Ogawa

SPEEDY MEAT BALL STEW

1 1/2 lb. ground beef
1 egg, beaten
1 tsp. salt
1/8 tsp. oregano
1/3 c. dry breadcrumbs
3 Tbsp. lard or drippings
1 (16 oz.) can tomatoes
1 envelope onion soup mix
1 1/2 c. water
2 Tbsp. flour
1 (9 oz.) pkg. frozen cut green beans, cooked and drained
1 (7 oz.) pkg. macaroni, cooked

Combine ground beef, egg, salt and oregano. Add breadcrumbs; mix well. Shape into 18 meat balls, allowing about 1 heaping tablespoon mixture for each meat ball. Brown in lard or drippings in large skillet; pour off drippings.

Blend tomatoes, soup mix and 1 cup water; add to meat balls. Cover tightly and simmer for 20 minutes, stirring occasionally. Combine flour and 1/2 cup water. Add to meat mixture and cook until thickened, stirring. Add cooked green beans and heat through. Serve over hot, cooked macaroni. Makes 6 servings.

SHISH KABOB

1 envelope Italian salad dressing mix
2 lb. sirloin or skirt steak or any tender meat
3 large mushroom caps
3 green pepper chunks
2 cherry tomatoes
1 small onion

Note: Vegetables are for per person.

In bowl, prepare dressing mix according to package directions. Add beef, cut in bite size chunk and marinate in refrigerator all day or overnight. Then add vegetables to beef and toss to mix and marinate for 10 minutes.

Arrange meat alternately with vegetables on skewer, packing tightly. Broil on grill to desired doneness. Serve with rice or rolls.

*One envelope salad mix for 2 pounds beef or for 6 servings.

Mae Ogawa

BARBECUED SPARERIBS

1/3 c. salad oil
1/3 c. Worcestershire sauce
2 tsp. dry mustard
pepper
1 c. ketchup
2 or 3 bay leaves
1/3 c. vinegar
2 tsp. dry mustard
2 tsp. salt
hot sauce
1/2 c. brown sugar

Simmer all for 5 minutes. Broil spareribs 10 minutes on each side. Dip into the sauce and bake at 350° for 40 to 50 minutes, dipping once more into sauce halfway through.

Irene Nakano

SAVORY COUNTRY-STYLE RIBS

3 to 4 lb. country-style spareribs
1 Tbsp. margarine or butter
1/2 c. firmly packed brown sugar
1/2 c. apple cider vinegar
2 Tbsp. Worcestershire sauce
1/4 c. chili sauce or salsa (medium) sauce
1 Tbsp. lemon juice
1 garlic clove, minced
1/3 c. chopped onion
1/2 c. catsup
1/2 tsp. dry mustard

Place spareribs in Dutch oven. Add enough salted water to cover. Bring to boil; reduce heat. Simmer, covered, for 1 hour or until ribs are tender; drain. Place in 13 x 9-inch pan. Heat oven to 300°.

In medium skillet, saute onion in margarine. Stir in remaining ingredients and cook until heated through. Pour sauce over ribs. Bake for 30 minutes, basting occasionally. Makes 5 to 6 servings.

Harumi Tanaka

GINGERED SPARERIBS

3 1/2 to 4 lb. spareribs
1/2 c. firmly packed brown sugar
1 envelope dry Italian salad dressing mix
1 1/2 tsp. ginger
1 tsp. celery salt
1/2 c. catsup
1/2 c. water
1/4 c. vinegar

Combine brown sugar, Italian salad dressing mix, ginger

and celery salt; blend. Combine catsup, water and vinegar. Blend. Add to dry ingredients and mix well. Thread ribs, accordion-style, on rotisserie rod. Brush with sauce. Cook ribs over moderately hot, glowing coals for 2 hours, or until done, brushing with sauce every 30 minutes. Makes 6 to 8 servings.

SWEET SOUR SPARERIBS

(Make Double The Amount)

2 lb. lean spareribs, cut into 1-inch pieces
4 tsp. soy sauce
1 tsp. salt
1/2 tsp. m.s.g.
1 small can pineapple chunks
1 green bell pepper (in chunks)
3 Tbsp. peanut oil
1 clove garlic, crushed

Gravy:

2 c. brown sugar
1 c. cider vinegar
2 slices fresh ginger
2 Tbsp. cornstarch

Marinate spareribs with salt, monosodium glutamate and soy sauce for 10 minutes. Heat skillet and add oil. Brown spareribs in oil with garlic. Mix gravy ingredients and add to spareribs. Bring to boil, turn heat to low and simmer for 20 minutes. Add pineapple and vegetables and cook 10 minutes more until tender. Garnish with toasted sesame seed.

Yuki Tsujimoto

SWISS BLISS

1/2 Tbsp. butter
2 lb. chuck steak
1 envelope onion soup mix
1/2 lb. sliced mushrooms
1/2 green pepper
1 lb. can tomatoes, drained and chopped (reserve juice)
1/2 tsp. salt
pepper to taste
1/2 c. juice (from tomatoes)
1 Tbsp. A.1. sauce
1 Tbsp. cornstarch
1 Tbsp. chopped parsley

Spread center of 20-inch Reynold's aluminum wrap with butter. Cut steaks into serving portions. Sprinkle with the soup mixture, mushrooms, pepper, tomato and seasoning. Mix tomato juice, A.1. sauce and cornstarch. Pour over meat and vegetables. Bring foil up, cover and double. Fold edges to

seal tightly. Bake 2 hours at 375°. Roll back foil and sprinkle with parsley. Garlic and cheese could be added.

Irene Nakano

"MUY PRONTO" TAMALE POT

1 lb. ground beef
1/4 lb. bulk pork sausage
1 (No. 2) can pinto beans and juice
1/4 tsp. pepper
1 large onion, chopped
celery, chopped
1 tsp. ajinomoto
2 (8 oz.) can tomato sauce
1 can Mexicorn and liquid
hot cooked rice
1 can sliced black olives, drained
1 tsp. salt
2 Mexican-style tamales
grated Parmesan or American cheese
chopped onion (raw)

Fry ground beef and sausage with salt and pepper until brown and crumbly. Add chopped onion and celery and continue cooking until transparent. Pour off excess oil. Add tomato sauce, cover and simmer 10 minutes. Then add remaining ingredients. Stir well and continue to simmer for 15 to 20 minutes.

Spoon generously over hot cooked rice or noodles, topping with grated cheese and chopped raw onions. Makes 8 to 10 servings.

*Omit salt when using XLNT tamales.

Emi Arata

EASY CHICKEN DIVAN

3 chicken breasts
2 bunches fresh broccoli (or frozen)
2 cans condensed cream of chicken soup
1 c. mayonnaise
1 tsp. lemon juice
1/2 tsp. curry (or more to suit taste)
1/2 c. shredded sharp Cheddar cheese
dry breadcrumbs (or soft)
1 Tbsp. melted butter

Cook, bone and slice chicken. Boil broccoli in salted water. Arrange broccoli in 11 1/2 x 7 1/2 x 1 1/2-inch pan, so flower ends are to edges of pan and stems are together in center. Place chicken over the broccoli (do not cover flowerets).

Mix together chicken soup, mayonnaise, lemon juice and curry, then pour over chicken. Then sprinkle on top with Cheddar cheese. Then sprinkle breadcrumbs over top with melted

butter. Bake at 350° for 25 to 30 minutes. Makes 6 to 8 servings.

Yoñeko Ryuto

CHICKEN AND SCAMPI

1 (3 1/2 to 4 lb.) broiler-fryer, cut up
1/2 tsp. pepper
1/4 c. butter or margarine
3 small onions, finely chopped
1 clove garlic, minced
3 Tbsp. snipped parsley
1/2 c. Port wine
1 (8 oz.) can tomato sauce
1 tsp. dried basil
1 lb. shelled and deveined shrimp
little snipped parsley

About 45 minutes before serving, sprinkle salt and pepper on chicken. In hot butter or margarine in large skillet, saute chicken until golden on all sides. Now, add onions, garlic, 3 tablespoons snipped parsley, wine, tomato sauce and basil; simmer, covered about 30 minutes, or until chicken is tender.

Now, push chicken pieces to one side of skillet; turn up heat so tomato mixture boils. Add shrimp, then cook, uncovered, 3 to 4 minutes, or until just pink and tender.

Pile golden chicken pieces in serving dish; top with pink shrimp. If necessary, skim all fat from surface of sauce; then pour it over chicken and shrimp. Sprinkle on a little snipped parsley. Serves 6.

Emi Arata

CHICKEN DELECTABLE

1 broiler-fryer chicken, cut up
heavy-duty aluminum foil
1 envelope onion soup mix
1 tsp. paprika
4 Tbsp. butter
1 (4 oz.) can sliced mushrooms, drained
1/2 c. light cream

Wash chicken; drain and pat dry. Remove any small protruding bones. Tear off 4 squares of foil. Shake out onion soup mix into small bowl and blend evenly. Place a small dab of butter, 1 teaspoon onion soup mix and 1/4 teaspoon paprika in center of each foil square. Arrange chicken over this; sprinkle with remaining soup mix and dot with remaining butter. Add mushrooms and cream, dividing evenly among the 4 packages.

Bring foil up over food, sealing edges with a tight double fold. Seal ends in same fashion, turning them up so juices will not run out. Cook on a grill over medium heat, glowing coals for 45 to 50 minutes, or until chicken is tender. Set package in baskets or on plates to serve. Dip chicken in sauce that forms in package. Makes 4 servings.

CHICKEN KIEV

4 large chicken breasts, boned and cut in half lengthwise and salt
1/2 c. softened butter
1/2 c. chopped onion
flour
1 Tbsp. water or milk
1/2 c. chopped parsley
1 egg, well beaten
1/2 c. fine breadcrumbs

Remove skin from chicken breasts; pound with wooden mallet to flatten. Sprinkle with salt. Cream butter; add onion and parsley. Divide mixture; one portion for each piece of chicken. Spread out end of each breast. Roll as for jelly roll; tuck in sides of meat. Press to seal, if necessary; secure with skewers or toothpicks. Dust each roll with flour; dip into egg mixture and roll in crumbs. Chill at least 1 hour. Fry in hot 360° deep fat until golden brown, about 15 minutes. Makes 6 to 8 servings.

Harumi Tanaka

CHICKEN PAPRIKASH

1 (3 lb.) broiler-fryer chicken, cut up
2 Tbsp. vegetable oil
1 c. water
1/3 c. instant minced onion
1 tsp. parslied garlic salt
dash of cayenne pepper
4 tsp. paprika
1 (1 1/4 oz.) envelope chicken gravy mix
1 c. dairy sour cream

Wash chicken; drain and pat dry. Brown chicken pieces in hot oil in heavy skillet. Remove chicken from skillet; pour off fat. Add water, onion, garlic salt, cayenne and paprika to skillet. Bring to boiling, stirring in the browned bits of chicken from the bottom and sides of the pan. Return chicken to skillet; cover and reduce heat. Simmer for 30 minutes, or until chicken is tender. Remove chicken pieces to a warm platter.

Stir chicken gravy mix into simmering juices with a wire

whisk; bring to boiling. Reduce heat; blend in sour cream. Return chicken to skillet. Heat gently 3 to 4 minutes. Makes 4 to 5 servings.

Anonymous

CHILEAN CHICKEN

2 1/2 to 3 lb. chicken parts
1/2 c. chopped celery
1/2 c. chopped onion
1/2 c. diced tomatoes
1 (7 oz.) can diced Ortega chili
1 1/2 c. long-grain rice
1/4 tsp. ground red pepper
1/4 tsp. black pepper
3 c. boiling chicken broth (made from back, wing tips, etc.)
1/2 tsp. garlic salt
1/2 tsp. onion salt
1/2 tsp. celery salt
1/2 tsp. paprika
3 Tbsp. chopped parsley
1/4 c. sliced pitted olives

Rub seasoning on chicken pieces. Place in baking dish with skin side up and set aside for 10 to 15 minutes. Heat oven to 425°. Bake, uncovered, for 20 to 25 minutes. Remove chicken from pan and skim off fat.

Combine vegetables and rice in baking dish. Pour liquid slowly over vegetable and rice mixture, stirring to mix with drippings. Place chicken pieces on top, cover and bake for 45 minutes, or until rice is cooked. Sprinkle with chopped parsley and garnish with olive slices. Serves 4 to 5.

Mary Kato

GREEN CHILI CHICKEN

1 whole fryer
1/4 tsp. ground red pepper
2 tsp. chili powder
1 tsp. ground cumin
1 tsp. salt
1 Tbsp. olive oil
2 cloves garlic, pressed
1/2 c. diced onions
1 (4 oz.) can diced chili
3/4 c. chicken broth
2 Tbsp. flour
2 Tbsp. water
1/2 c. sour cream (room temperature)

Rub outside of chicken with seasoning mixture of red pepper, chili powder, cumin, salt and pepper. Heat oil in Dutch oven. Brown chicken on all sides. Add garlic, onions, chili and chicken broth. Cover and simmer 45 minutes or until done (larger chicken may take longer). Remove chicken to

platter, draining juices back into pan. Skim fat from sauce in pan. Stir in blended flour and water to sauce. Cook, stirring constantly, until thickened. Stir in sour cream. Carve chicken and serve with sour cream sauce.

HERB BROILED CHICKEN

1 chicken, cut up
1 tsp. salt
1 tsp. marjoram
1/4 tsp. pepper
1/3 c. butter
1 tsp. whole thyme
1/2 tsp. rosemary

Combine melted butter and seasoning. Brush and place skin side down on broiler pan without rack. Broil 7-inches from heat, 20 minutes or until lightly browned. Brush occasionally. Turn and continue broiling 15 to 20 minutes, or until tender.

Dan Tanaka

CRISP NOODLE CHICKEN

1 broiler-fryer chicken, cut up
1 c. dairy sour cream
1/8 tsp. pepper
1 (3 oz.) can chow mein noodles
1 (10 3/4 oz.) can cream of mushroom soup
3 Tbsp. (1/2 pkg.) onion soup mix

Wash chicken; drain and pat dry. Place chicken in a single layer in a 1 1/2-quart casserole. In a bowl, combine soup, sour cream, soup mix and pepper; blend thoroughly. Spread over chicken; sprinkle with noodles. Bake at 375° for 1 hour, or until chicken is tender. Makes 4 servings.

Anonymous

HAM STUFFED CHICKEN BREASTS

1 c. diced cooked ham
1/4 c. dairy sour cream
1 tsp. herb seasoning
3 whole chicken breasts, split, skinned and boned
1 egg, slightly beaten
instant mashed potato flakes
3 Tbsp. butter
1 (1 1/4 oz.) envelope chicken gravy mix
1 Tbsp. lemon juice

Combine ham, sour cream and 1/2 teaspoon herb seasoning. Flatten chicken breasts with meat pounder or dull side of heavy knife. Place a spoonful of ham mixture on each chicken breast;

roll to enclose ham mixture. Tie securely with string. Dip chicken breasts in egg; roll in potato flakes to coat.

Melt butter in skillet. Add chicken breasts; cook over medium heat, turning occasionally, for 20 to 30 minutes or until brown and thoroughly cooked. Prepare gravy mix as directed on envelope; stir in lemon juice and remaining herb seasoning. Serve with chicken breasts. Makes 6 servings.

INDIAN CHICKEN CURRY

This may be made in advance and frozen. If it is used at a buffet, cut the meat from the bone after frying.

6 lb. chicken pieces (breast, leg and thigh) or 8 lb. beef or veal, cut in cubes or 8 lb. shrimp
1/2 to 1 c. curry paste
1 can (170 grams) tomato paste
14 c. onions, coarsely cut (5 1/2 lb.)
1 1/2 cloves garlic, finely chopped
2 red dry chili peppers, finely chopped
1 Tbsp. sugar
6 tsp. salt (use less if bouillon cubes are used instead of soup stock)
about 1/2 c. oil
2 lemons
5 c. stock

Make soup stock from necks, backs, etc., or boil chicken bones, or rinse out pan from fried chicken and add bouillon cubes and water to make up the necessary amount. Fry onions in 3 tablespoons oil until light brown. Add peppers and garlic to onion and continue frying until well browned. Fry pieces of chicken in a very small amount of oil. When browned, place in an 8-quart kettle and add the onions. Fry over low heat the curry paste in 1 tablespoon oil for 15 minutes; then add tomato paste and 3 cup of the soup stock. Cook 5 minutes more and add to the fried chicken. Add salt, sugar and pepper.

Add 2 cups soup stock and cook slowly in open kettle for 1 1/2 hours (for chicken only), or until chicken is tender. During last 15 minutes of cooking, add the lemons cut in halves and squeezed. After 15 minutes, remove the lemons, squeezing them against the side of the kettle. Add hard-boiled eggs. Serves 10.

To serve: Each guest helps himself to rice, spoons curried chicken over the rice and then sprinkle of each relish over the top.

Relishes:

salted peanuts or other nuts
India relish
pickled onions
fresh chopped ginger
crisp bacon
chopped pepper
raisins
chutney
grated fresh coconut
dried coconut
wedges of apples
pineapple
bananas (fresh or sauteed)

Curried Paste:

1/2 c. curry powder (Indira)
1/4 c. oil

Combine curry powder and oil and fry to take bitterness out of curry and to give curry taste.

Emi Arata

ORIENTAL CHICKEN NUGGETS

1 fryer chicken, boned and cut up into bite-size pieces
1 egg, beaten
2 Tbsp. water
1 c. flour
1 1/2 tsp. lemon Teriyaki seasoning (Shoffeitt)
1/2 tsp. salt

Sauce:

1/2 c. sugar
1/3 c. soy sauce
crushed garlic
fresh ginger, grated
2 Tbsp. sherry wine
1/4 tsp. ajinomoto

Dip chicken pieces in egg and water mixture. Coat with flour mixture. Fry in deep hot oil until nearly done and golden brown. Heat oven to 350°.

Dip chicken pieces in sauce mixture. Lay chicken pieces on foil, sprayed with Pam, lined cookie sheet with sides. Dip pieces again in sauce in 30 minutes and turn over. Bake 15 minutes longer.

Harumi Tanaka

SAUCY CHICKEN SURPRISE

1 broiler-fryer chicken, cut up
1 (1 1/4 oz.) envelope chicken gravy mix
2 Tbsp. lemon juice
3 Tbsp. butter
1/2 c. applesauce
1/4 c. water

Wash chicken; drain and pat dry. Melt butter in small saucepan; stir in contents of sauce mix envelope, applesauce, water and lemon juice. Place chicken, skin side down, in well greased shallow baking pan; spoon half the applesauce mixture over chicken. Bake at 400° for 30 minutes. Turn, cover with remaining applesauce mixture and bake 20 to 30 minutes longer, or until chicken is tender and brown. Makes 4 servings.

Anonymous

SAVORY CHICKEN

4 Tbsp. mochiko
4 Tbsp. cornstarch
2 to 4 Tbsp. sugar
6 Tbsp. shoyu
2 eggs
grated ginger to taste
2 stalks green onion, finely chopped
12 to 14 chicken thighs (or equivalent)

Mix all ingredients together and marinate chicken overnight. Fry in lightly oiled skillet until golden brown and cooked thoroughly. Enjoy! (hot or cold).

Holly Fukano

BASIC CIOPPINO

1 large onion, chopped
1/4 c. olive oil
1 (1 lb. 12 oz.) can tomatoes
1 (6 oz.) can tomato paste
2 c. dry white wine
1/2 tsp. thyme
1/4 tsp. oregano
1 bay leaf
1 tsp. salt (optional)
1/2 tsp. pepper
1 lb. seabass fillets
2 crabs, cracked
1 lb. scallops
1 lb. jumbo prawns, cleaned
18 clams in shells, well scrubbed

In large pot, saute onion in oil until limp. Stir in tomatoes, tomato paste, wine, thyme, oregano, bay leaf, salt and pepper. Cover and simmer for 3 hours, stirring occasionally.

In the following order, add sea bass (cut into cubes), crabs (disjointed and cracked), scallops, shrimp and clams; cover and steam for 10 to 15 minutes, or until seafood is done. Makes 6 servings.

One can experiment with this recipe by using other ingredients in lieu of/or added to any of the ingredients.

CRAB CHIOPINO

1 c. chopped celery
2 oz. butter
1 tsp. basil leaves
1 c. dry sherry wine
1 (6 oz.) can tomato paste
1/4 tsp. black pepper
3 large cracked crabs
15 shrimps or small salad shrimp (about 1/2 lb.)
1 bell pepper, chopped
1 oz. salad or olive oil
2 cloves chopped garlic
2 c. tomatoes (canned)
1 tsp. paprika
2 tsp. instant chicken bouillon
4 to 5 lb. clams

Combine celery, bell pepper, butter, oil, basil leaves and garlic in a large pot and braise slowly for 10 minutes. To mixture, add sherry, tomatoes, tomato paste, paprika, black pepper and chicken bouillon and simmer for about 40 minutes. Add to crabs, clams and shrimp and simmer until crabs and clams are heated, about 30 minutes.

Now, all you need is a bib, a large bowl and lots of fresh French bread for dunking and have fun.

Emi Arata

GRILLED FISH TURNOVERS

4 lb. flounder, sole or other skinless fish fillets, fresh or frozen
6 (1 oz. each) slices sharp cheese
1/2 c. melted butter
1/2 c. lemon juice
1 Tbsp. salt
2 tsp. paprika
1/2 tsp. pepper
lemon wedges

Thaw frozen fillets. Wash fish; drain and pat dry. Cut fillets into 12 portions. Place 1/2 slice cheese on one end of each piece of fish; fold the other end of fish over the cheese. Place turnovers in a single layer in well greased, hinged wire grills.

Combine remaining ingredients, except lemon wedges. Brush fish with sauce. Grill about 4-inches from moderately hot coals for 5 to 8 minutes. Baste with sauce; turn. Grill 5 to 8 minutes longer or until fish flakes easily when tested with a fork. Serve with lemon wedges. Makes 12 servings.

FISH DINNER

(Fried And Steamed)

1 1/4 Tbsp. black beans
1/3 c. water
flour
thinly sliced green onion
1 large rex sole in whole, cleaned, scored 2 places on both sides

Have ready the black beans, softened in water, drained and mashed. Add 1/3 cup water and mix. Clean rex sole in whole and score 2 places on both sides. Pat dry, salt slightly and dust generously with flour. Fry in hot greased pan. Brown on both sides. Turn down the heat and pour the black bean mixture. Put on the lid slightly ajar and steam for 10 to 15 minutes. Slide this on the platter or serve from its pan. Garnish with thinly sliced green onions. Serve with hot rice.

Mae Ogawa

HALIBUT CREOLE

2 lb. North Pacific halibut, fresh or frozen
3 Tbsp. olive oil
1 c. sliced onions
1/2 c. chopped green pepper
1/2 lb. mushrooms, sliced
1/2 c. chopped celery
1/2 clove garlic, minced
2 Tbsp. flour
1 (29 oz.) can tomatoes
1 Tbsp. minced parsley
1 bay leaf
1 tsp. sugar
1 tsp. salt
1/8 tsp. pepper
pinch of thyme
1/8 tsp. hot pepper sauce

Thaw halibut, if frozen. Wash fish; drain and pat dry. Cut fish into bite-size pieces. In large saucepan, cook onions, green pepper, mushrooms, celery and garlic in olive oil until tender, but not brown. Blend in flour. Add remaining ingredients, except halibut and blend well. Cover and simmer for 20 minutes, stirring occasionally. Add halibut and simmer 20 to 12 minutes longer, or until halibut is tender. Remove bay leaf. Serve over steamed rice. Makes 6 servings.

MOCK LOBSTER

1 pkg. frozen cod fillets
cold water
2 Tbsp. salt
2 Tbsp. vinegar
melted butter

Cover frozen cod fillets with cold water and salt.

Bring to boil and simmer for 10 minutes. Drain and cover with cold water again and add vinegar. Bring to boil and simmer 10 minutes. Drain water and ready to eat. Dip in melted butter and Wow!, Lobster.

Mae Ogawa

SCAMPI ON A SKEWER

12 small bamboo skewers
12 large shrimp, peeled
3 garlic cloves, minced
1 stick (8 Tbsp.) unsalted butter, softened
lemon wedges

Soak skewers for 2 or 3 hours in water. This prevents them from burning under the broiler. Peel the shrimp and remove the intestinal vein. Wash, then pat the shrimp dry on paper towels.

Mix the butter and garlic in a blender and process until completely blended, about 1 minute. Thread each shrimp on a skewer, which will keep the shrimp from curling. Brush each with the garlic and butter mixture and put under a preheated broiler. Turn shrimp after 5 minutes; brush with butter mixture again and broil for 5 more minutes, or until done. Garnish with lemon wedges. Serves 2.

Freeze the shrimp shells in plastic freeze bags. They later can be used as the basis of a great fish soup.

Elsie Kagehiro

OYSTER STEW

1/2 c. butter
1 c. celery, diced
2 carrots, shredded
6 green onions, chopped
1 medium leek, sliced
1 pt. half and half
1/4 c. butter
1/2 c. flour
1 pt. milk
1 can clams, minced
1 pt. oysters
1/2 c. white wine or sherry

Combine butter, celery, carrots, green onions and medium leek in pot and simmer for 20 minutes.

Make sauce of half and half, butter, flour and milk. Season lightly and add to vegetables and set aside until ready to serve. Bring clams just to a boil. Add drained oysters and

wine and stir over low heat for 10 minutes. So, no boil. Add to the creamed vegetables and serve.

Dorothy Egi

DEVILED SCALLOPS AND CRAB

1/4 c. butter
1/4 c. chopped onion
3 Tbsp. flour
3/4 tsp. salt
1 tsp. bottled steak sauce
1/2 tsp. Worcestershire sauce
dash of Tabasco sauce
1 c. light cream
1/3 c. milk
1/2 c. dry sherry
1 lb. scallops, halved or quartered (depending on size)
2 (7 1/2 oz.) cans King crabmeat, drained
1 Tbsp. butter, melted
1/4 c. dry, seasoned breadcrumbs

In medium saucepan, melt butter and saute onions until golden brown, about 5 minutes. Remove from heat and stir in flour, salt, steak sauce, Worcestershire sauce, Tabasco sauce, cream and milk. Bring to boil, stirring; reduce heat and simmer another minute. Remove from heat. Stir in sherry, scallops and crabmeat. Turn into shallow 1 1/2-quart casserole dish. Drizzle melted butter and sprinkle breadcrumbs over the top. Bake at 375° for 25 to 30 minutes, until bubbly.

Yoneko Ryuto

PLANKED SALMON STEAKS

1 1/2 lb. salmon steaks, fresh or frozen (take off skin)
2 Tbsp. melted butter or margarine
2 Tbsp. lemon juice, freshly squeezed
1 tsp. salt
1/2 tsp. paprika

Thaw frozen steaks. Place fish in a single layer on a preheated, oiled wooden plank or a well greased broil-and-serve platter.

Combine butter, lemon juice and seasonings; pour over fish. Bake at 350° for 25 minutes, or until fish flakes easily when tested with fork.

Edith Yamasaki

LEMON-FRIED OCEAN PERCH

2 lb. ocean perch fillets or other fillets (fresh or frozen), thawed
1/4 c. lemon juice
1 1/2 tsp. salt
cooking oil
3 eggs, beaten
1 c. flour

Wash fish; drain and pat dry. Cut fillets into 6 portions. Arrange fish in a single layer in a shallow baking dish. Pour lemon juice over fish and let stand 10 minutes, turning once.

Combine eggs and salt. Roll fillets in flour; dip in egg to coat well. Heat cooking oil, about 1/8-inch deep in skillet. Place fish in single layer in hot oil; fry 3 to 4 minutes, or until brown. Turn carefully; fry to 3 to 4 minutes longer, depending on thickness of fish, or until fish flakes easily when tested with a fork. Makes 6 servings.

Anonymous

TUNA AMANDINE

3 large baking potatoes
3 Tbsp. butter, melted
2 (7 oz. each) cans tuna
1 (10 3/4 oz.) can cream of celery soup
1 c. (4 oz.) shredded Cheddar cheese
2/3 c. milk
1/3 c. toasted, slivered almonds
2 Tbsp. lemon juice

Pare and slice potatoes; arrange in bottom of buttered, shallow 2-quart baking dish, with slices overlapping. Pour butter over top. Bake at 500° for 15 minutes.

Meanwhile, drain and flake tuna. In a bowl, combine soup, cheese, milk, almonds and lemon juice. Remove baking dish from oven; reduce heat to 350°. Layer tuna over potatoes; pour soup mixture over all. Return to oven and bake 30 minutes longer. Makes 6 to 8 servings.

SEAFOOD SWIRLS WITH FRUITY SAUCE

2 lb. sole, flounder or other thin fillets (fresh or frozen), thawed
1 1/4 tsp. salt
1 (13 1/4 oz.) can crushed pineapple
2 Tbsp. vinegar
1 Tbsp. brown sugar

1 c. coarsely shredded carrot
1/4 c. finely chopped onion
1/4 c. melted butter
1 Tbsp. cornstarch
1 tsp. soy sauce
1/2 medium green pepper, cut into short strips

Wash fish; drain and pat dry. Sprinkle fillets with 1 teaspoon salt. Cook carrot and onion in 2 tablespoons butter until tender, but not brown. Drain pineapple, reserving syrup. Blend 2/3 cup pineapple and remaining 1/4 teaspoon salt with carrot mixture; spread an equal amount of this mixture over each fillet. Roll fillets; place in a shallow baking dish with open end down. Drizzle with remaining 2 tablespoons melted butter. Bake at 350° for 30 minutes, or until fish flakes easily, basting with pan juices several times. Add water to pineapple syrup to make 1 cup.

Combine syrup, vinegar, brown sugar, cornstarch and soy sauce; blend well. Cook, stirring constantly, until clear and bubbly. Stir in remaining pineapple and green pepper; heat. To serve, spoon sauce over fish. Makes 6 to 8 servings.

MEATBALLS IN TOMATO BASIL SAUCE

Sauce:

1 hot Italian sausage
1 small onion, thinly sliced
2 Tbsp. chopped parsley
salt
4 medium tomatoes, peeled, cored and chopped
3 Tbsp. fresh, chopped basil or 2 tsp. dried

Meatballs:

1 1/2 c. soft breadcrumbs
2 eggs, beaten
1 lb. ground beef
3 Tbsp. grated Romano cheese
1/4 tsp. nutmeg
oil
2 Tbsp. ketchup
1/4 chopped parsley
1 tsp. salt
1/8 tsp. ground pepper
3 c. sliced zucchini

For the sauce, remove sausage from casing and crumble into a heavy stew pan. Brown slowly with onion and parsley (add a little oil, if sausage is lean). Add tomatoes, basil and salt slightly. Cover and simmer for 25 to 30 minutes.

For the meatballs, mix together breadcrumbs, eggs and ketchup and let sit for 10 minutes. Then combine with beef, parsley, cheese, salt, nutmeg and pepper. Mix well and shape into balls, the size of large cherry tomatoes. Brown meatballs

in a small amount of oil, then transfer to the simmering sauce. Cook over low heat, covered, for 20 minutes. Then add zucchini and simmer, uncovered, until squash is tender. Makes about 40.

Lydia Ota

SURPRISE MEAT LOAF

1 large raw egg
1 small onion, finely grated
1 tsp. salt
2 slices white bread (crusts left on), crumbled
1 lb. lean ground beef
1/2 c. milk
1/4 tsp. pepper
3 large hard-cooked eggs

In a medium mixing bowl, beat together the raw egg and the milk to blend. Add onion, salt, pepper and crumbled bread; let stand 5 to 10 minutes.

Add beef and thoroughly mix together, hands are good here. Pack half the mixture into an ungreased loaf pan, about 8 x 4 x 2 1/2-inch; starting in the center, arrange the hard-cooked eggs with ends fairly close together lengthwise over the center of the meat mixture. The eggs will not come to the ends of the pan. Pack remaining meat mixture over eggs. Bake in a preheated 350° oven 50 minutes. Remove from oven and let stand 5 to 10 minutes.

Pour off liquid, turn out and turn right side up. Cut crosswise in about 1/4-inch thick slices.

Lydia Ota

HAM AND VEAL PETITES

(Good For Freezer)

3/4 lb. cooked, ground ham
3/4 lb. ground veal
1 c. soft breadcrumbs
3/4 c. milk
1 egg
3/4 tsp. salt
2 Tbsp. chopped parsley
2 Tbsp. butter
2 Tbsp. flour
1/2 tsp. salt
dash of pepper
1 c. milk
1 egg yolk, slightly beaten
2 Tbsp. prepared mustard
1 tsp. lemon juice

Combine ham, veal, crumbs, 3/4 cup milk, egg, 3/4 teaspoon salt and parsley; blend. Using a scant 1/2 cup mixture for each, shape into 6 loaves; place on tray lined with waxed paper. Freeze just until loaves are frozen; then wrap in

moisture, vapor proof wrapping.

To serve, take loaves from freezer, remove wrappings and place on jelly roll pan. Bake at 375° for 50 to 60 minutes, uncovered.

Melt butter in saucepan; blend in flour, 1/2 teaspoon salt and pepper. Remove from heat and blend in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Blend a small amount of hot mixture into egg yolk. Return to pan; cook 1 minute longer. Add mustard. Just before serving, blend in lemon juice. Serve over meat loaves. Makes 6 servings.

VEGETABLE HAM PUFF

1 (10 oz.) pkg. mixed vegetables (frozen in butter sauce)
1 (2 1/2 oz.) jar pimiento, drained and diced
1/3 c. chopped onion
1/3 c. chopped green pepper
1 (2 1/2 oz.) jar sliced mushrooms, drained
1 1/2 c. instant mashed potato flakes
4 Tbsp. butter
1 (11 oz.) can Cheddar cheese soup
2 c. diced, cooked ham
1/2 c. slivered almonds
1 c. water
1/2 tsp. salt
1/2 c. dairy sour cream
1/4 c. milk
1 egg, slightly beaten
2 tsp. prepared mustard

Cook mixed vegetables according to package directions only until thawed. Cook onion, green pepper and mushrooms in 2 tablespoons butter until tender, but not brown.

Combine vegetables, soup, ham, 1/4 cup almonds and pimiento; pour in shallow 2-quart casserole. Bring water, 2 tablespoons butter and salt to boiling in a medium saucepan; remove from heat. Add milk and potato flakes; stir only until moistened. Let stand until all liquid is absorbed. Blend sour cream and mustard with beaten eggs and cream into potatoes. Top casserole with mounds of potato mixture. Sprinkle with 1/4 cup almonds and paprika. Bake at 375° for 30 minutes, or until bubbly. Makes 4 servings.

KNIBBED FLANK STEAK

1/3 c. cider vinegar
1/4 c. honey
1/4 c. soy sauce
1 clove garlic, minced and pressed
1/8 tsp. liquid hot pepper seasoning
1 (1 1/4 to 1 1/2 lb.) flank steak
parsley sprigs

In small pan (quart size), stir all ingredients together, except meat and place over medium heat and cook. Stir often until honey dissolves and mixture is well blended. Let cool. Trim fat from meat and place meat in shallow pan. Pour vinegar mixture over meat. Cover and refrigerate for at least 6 hours. Turn steak over several times.

Remove from marinade, drain and place on a lightly greased grill 4 to 6-inches above a bed of glowing coals. Cook, turning as needed and basting often with remaining marinade, until done to your liking when slashed, about 4 minutes for rare. Cut meat across the grain into thin slanting slices. Boil remaining marinade until reduced to about 1/2 cup. Pour over meat. Makes 4 to 6 servings.

Fumi Asano

BEEF STROGANOFF

(Serves 6)

1 1/2 lb. lean meat (sirloin, flank)
1/2 lb. mushrooms, sliced thin
1/2 c. thinly sliced onion
1/4 c. vegetable oil or margarine
1 tsp. Worcestershire sauce
1/4 c. red wine
salt and pepper to taste
2 Tbsp. tomato paste
1/2 c. sifted flour
1 Tbsp. paprika
1 tsp. garlic salt
2 1/2 c. beef broth
1/2 c. sour cream

Slice meat into thin strips, 1/8 x 1 1/2 x 2-inch. Combine flour, paprika, garlic salt, salt and pepper. Dust meat strips with flour mixture, brown in hot oil in skillet (do not overcook) and set aside.

Saute mushrooms and onion until soft and lightly browned. Stir in Worcestershire sauce, wine and tomato paste and simmer for a minute over medium heat. Add broth, bring to boil, turn heat down and simmer for 5 minutes. Add meat. Stir about 1/2 cup sauce into sour cream, then add the cream mixture slowly to meat mixture, stirring constantly, until thoroughly blended and continue to heat (do not boil or mixture will

curdle). Serve over hot rice or noodles.

Note: Total preparation time is less than 30 minutes.

Mary Kato

BATTER DIPPED HOT DOGS

1/2 c. mayonnaise
2 tsp. prepared mustard
1 tsp. lemon juice
1/2 c. enriched cornmeal
1/2 c. all-purpose flour
1 tsp. salt
1/2 c. milk
1 egg, beaten
2 Tbsp. vegetable oil
4 (1 oz. each) slices American cheese
12 wieners
1/2 tsp. dry mustard

Combine mayonnaise, mustard and lemon juice; beat until well blended. Cover and refrigerate until ready to use. Sift together cornmeal, flour, salt and dry mustard. Add milk, egg and vegetable oil; beat until smooth. Cut each cheese slice into 6 equal strips. Slit wieners along one side; place 2 strips of cheese in each slit. Dip wieners in batter, holding with kitchen forks or tongs; drain off excess batter. Fry in hot deep fat, 375°, for 2 to 3 minutes. Drain on absorbent paper; insert skewers. Serve with mustard sauce. Makes 12 hot dogs.

SNOW CAPPED BEEF MOUNDS

2 lb. ground beef
1/2 c. fine cracker crumbs
2 tsp. salt
1/4 tsp. pepper
1/3 c. finely chopped onion
1 Tbsp. chopped chives or green onion tops
1 (16 oz.) can tomatoes
2 eggs, beaten
2 c. hot, seasoned mashed potatoes
1/4 c. catsup
1/3 c. mayonnaise

Combine ground beef, cracker crumbs, salt, pepper, onion, tomatoes and eggs; blend well. Shape mixture into 12 mounds, using 1/2 cup mixture for each mound. Place beef mounds in a shallow baking dish. Bake, uncovered, at 350° for 35 minutes.

Combine seasoned mashed potatoes, mayonnaise and chives or green onion tops. Place beef mounds on heated platter. Top each mound with 1 teaspoon catsup and approximately 3 tablespoons mashed potato mixture. Serve immediately. Makes 6 to 8 servings.

DAVE WONG'S

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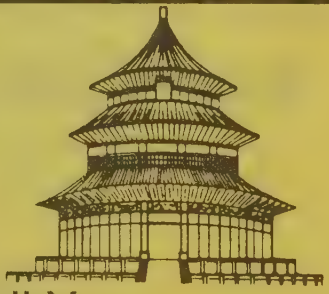

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Breads, Rolls,
Pies & Pastry

Baking Tips

COMMON PROBLEMS [Common Failures]	CAUSES OF PROBLEMS [Causes of Failures]
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in to slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	Over-rising or cooking at too low a temperature
Porous bread	
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy Cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Overmixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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CHRISTMAS STOLLEN

1 c. golden raisins
1/2 c. mixed candied fruit
3 Tbsp. brandy or rum
1 pkg. active dry yeast
2 1/2 to 3 c. flour
1/2 c. milk
1/3 c. butter or oleo
1/4 c. sugar
1/2 tsp. salt
2 eggs, beaten
2 tsp. grated lemon peel
1/3 c. chopped blanched almond
powdered sugar

Combine raisins, candied fruit and brandy or rum; let stand 1 hour or overnight. In mixing bowl, combine yeast and 1/2 cup flour and set aside.

In saucepan, combine the milk, butter or oleo, sugar and salt; heat to lukewarm. Stir in yeast mixture and beat with electric beater 2 minutes. Add eggs and lemon peel; beat until well blended. Mix brandied fruits, almonds and enough of remaining flour to make soft, nonsticky dough. Knead on floured board for about 5 minutes, until dough is smooth and elastic. Form into ball, placed in greased bowl, cover and let rise to double in bulk. Punch down, let rest 10 minutes.

On floured board, roll dough to 8 x 12-inch oval. Brush with melted butter and sprinkle with sugar. Fold dough in half lengthwise to within 1/2-inch of opposite side. Press closed. Transfer stollen to greased baking sheet, curve ends to form a crescent shape. Cover loosely with towel; let rise in warm place until double in bulk, about 45 minutes. Bake in 375° oven for about 29 minutes, or until golden brown and crusty. Cool, sprinkle powdered sugar, cool completely and dust again.

To be served with eggnog, hot buttered rum, plain or toasted.

Mary's Friend

QUICK BANANA BREAD

1/3 c. vegetable oil
1 1/2 c. mashed, ripe bananas (about 3 large)
1/2 tsp. vanilla
3 eggs
2 1/3 c. baking mix (such as Bisquick)
1 c. sugar
1/2 c. chopped nuts

Mix ingredients together; beat vigorously for 1 minute. Thoroughly grease bottom of loaf pan, 9 x 5 x 3-inch. Pour in batter. Bake at 350° for 55 to 65 minutes, or until wooden pick inserted into center comes out clean. Cool 5 minutes. Run knife or spatula around sides of loaf to loosen; remove from pan. Cool.

Nobie Mitsuda

BANANA HOLIDAY BREAD

1/3 c. shortening
2/3 c. sugar
2 eggs, slightly beaten
1 3/4 c. sifted flour
2 3/4 tsp. baking powder
1/2 tsp. salt
1 c. mashed ripe bananas
1/2 c. chopped nuts (coarse)
1/4 c. raisins
1 c. chopped candied fruits

Cream shortening; add sugar gradually. Beat until light and sugar is dissolved. Add eggs; beat until thick and lemon-colored. Sift flour, baking powder and salt together; add to egg mixture. Fold in bananas; blend well. Stir in nuts, raisins and fruits. Place shallow pan of water in bottom of oven. Spoon batter into greased loaf pan. Bake at 350° for 1 hour and 10 minutes, or until bread tests done. Cool bread in pan for 20 minutes and turn out to cool completely. May be frosted with white icing, if desired.

Agnes Yoshimura, Am. Cooking Bk.

CRANBERRY-ORANGE NUT BREAD

3/4 c. sugar
1 egg
1 1/4 c. orange juice
1 Tbsp. orange juice
3 c. Bisquick
3/4 c. chopped nuts
1 c. chopped fresh cranberries

Heat oven to 350°, moderately. Mix sugar, egg, orange juice, rind and Bisquick. Beat vigorously 30 seconds. Batter may still be lumpy. Stir in nuts and cranberries. Pour into well greased loaf pan, 9 x 5 x 3-inch. Bake 55 to 60 minutes, until toothpick stuck into center comes out clean. Crack in top is typical. Remove from pan. Cool before slicing.

GRAHAM BREAD

1 cake compressed yeast
4 c. graham flour (coarse grind)
2 c. white flour
1 1/2 c. brown sugar
1 tsp. salt
3 c. lukewarm water

In a little warm water, soak yeast until dissolved. Add graham flour, white flour, brown sugar, salt and lukewarm water. Mix well, let it rise and mix down. Put in 2 (9 x 5-inch) greased bread pans. Let rise. Bake at 350° for 45 to 60 minutes.

Graham flour can be purchased in 2 pound box by Fisher.

Irene Nakano

LEMON BREAD

3/4 c. butter
1 1/2 c. sugar
3 eggs
2 1/4 c. sifted flour
1/4 tsp. salt
1/4 tsp. soda
3/4 c. buttermilk
1 Tbsp. grated lemon peel
3/4 c. chopped nuts
1/3 c. lemon juice
3/4 c. sugar

Cream butter and 1 1/2 cups sugar until light and fluffy. Beat in eggs. Sift dry ingredients together. Add to batter, alternately with buttermilk, blending well after each addition. Stir in lemon peel and nuts. Pour into greased and floured 9 x 5 x 3-inch loaf dish. Bake at 325° about 1 hour and 20 minutes, or until bread tests done. Cool 15 minutes in dish. Remove from dish and cool completely on rack.

While loaf is baking, prepare glaze by combining lemon juice and 3/4 cup sugar. Let stand to allow sugar to dissolve. After removing loaf from dish, pierce top with cake tester in a number of places; spoon over glaze. Allow to cool to room temperature before slicing thin. Makes 1 loaf.

ORANGE NUT BREAD

rind of 2 oranges
1/2 c. water
3/4 c. sugar
1/2 tsp. salt
2 Tbsp. butter, melted
2 Tbsp. orange juice
3 c. flour
1/4 c. sugar

1 c. milk
1 egg, beaten lightly
4 tsp. baking powder
1 c. chopped pecans

Pare off yellow part of orange rind and grind fine. Add 1 cup water and boil for 1 to 2 minutes. Drain. Add 1 cup water, boil again and drain.

Add the 1/2 cup water, sugar and salt and boil until rind is tender. Cool until barely warm. Add milk, egg, melted butter and orange juice. Sift flour with sugar and baking powder and add to first mixture, blending well. Add nuts, which have lightly dusted in flour. Bake in greased loaf pan in a moderate 350° oven for 1 hour.

Mary Kato

PINEAPPLE NUT BREAD

1 3/4 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
1/4 tsp. soda
1/2 c. raisins
3/4 c. chopped walnuts
3/4 c. sugar
3 Tbsp. soft butter or margarine
2 eggs, unbeaten
1 (8 1/2 oz.) can (1 c.) crushed pineapple, not drained

Measure flour, baking powder, salt and soda into sifter; set aside. Rinse raisins with boiling water to plump them; drain well. Set aside with walnuts. Gradually beat sugar into butter. Beat in eggs, one at a time. Add raisins and nuts. Sift in about half of the flour mixture. Stir (don't beat) just until moistened and fairly smooth. Add pineapple with its syrup, then stir in rest of flour mixture. Quickly, but gently, spoon batter into greased 9 x 5 x 3-inch loaf pan. Sprinkle with a topping mixture of 2 tablespoons sugar and 1/2 teaspoon cinnamon. Bake at 350° for 60 to 70 minutes, or until done when tested. Turn out onto a rack.

Mildred Sasaki

PLUM OATMEAL BREAD

1 c. chopped, pitted purple prune plums
2 c. sifted flour
3 tsp. baking powder
3/4 c. sugar
1 c. quick-cooking rolled oats, uncooked
2 eggs, beaten

1 tsp. salt
1/2 tsp. baking soda
1 c. milk
1/4 c. salad oil

Prepare plums and set aside. Sift flour, baking powder, salt, soda and sugar into bowl; stir in oats. Combine eggs, milk and oil. Add to dry ingredients, stirring just enough to moisten. Stir in plums. Pour into a greased 9 x 5 x 3-inch loaf pan. Bake at 350° for 1 hour. Cool in pan for 10 minutes. Remove to cooling rack. This stores beautifully and slices best the second day. Makes 1 loaf.

ONION-CHEESE SUPPER BREAD

1 1/2 c. Bisquick
1 beaten egg
1/2 c. chopped onions, cooked
1/2 c. grated Cheddar cheese
1/2 c. milk
2 Tbsp. snipped parsley
1/2 c. grated sharp American cheese
2 Tbsp. melted butter

Combine Bisquick with milk, egg and parsley until moist. Add cooked onions and grated cheese. Spread dough in greased 8 x 8-inch pan. Sprinkle with grated cheese and melted butter. Bake at 400° for 20 minutes or until toothpick pierced comes out clean. Makes 6 to 8 servings.

From Katie

PSOMI

(Greek Bread)

1 c. hot milk
1/4 c. vegetable shortening
1 tsp. salt
2 Tbsp. sugar
1 envelope yeast
1/4 c. warm water
4 c. sifted flour
melted butter

Heat milk and stir in shortening, salt and sugar. Soften yeast in warm water. Sift flour into bowl. Make a well in the flour and pour the softened yeast into the well. Gradually stir in warm milk mixture to make a firm dough. Knead dough until smooth. Put dough into a greased bowl and let rise for 1 1/2 hours in a warm place. Knead and form into 2 loaves. Place loaves in greased, floured bread pans. Brush tops with melted butter and let rise in warm place for about 1 hour, or until double in bulk. Bake in 375° oven for about 45 minutes, or until loaves are golden in color.

TANGERINE BREAD

2 c. flour
1 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1 c. sugar
1 egg
3 Tbsp. grated tangerine peel
2/3 c. tangerine juice
3 Tbsp. melted butter
1/2 c. chopped dates or raisins
1/2 c. chopped nuts

Sift flour, measure and sift with baking powder, soda, salt and sugar. Into large bowl, beat egg well and stir in tangerine peel, tangerine juice and melted butter. Add liquid ingredients all at once to flour mixture and stir until well blended. Add dates or raisins and nuts. Stir until well blended. Turn into well buttered 9 x 5-inch loaf pan. Bake at 350° for 50 minutes.

MASTER MIX

8 c. sifted all-purpose enriched flour
1 1/2 c. nonfat dry milk
1/4 c. baking powder
1 Tbsp. salt
1 c. shortening

Stir dry ingredients until well mixed. Cut in shortening until well blended. Store in a tightly covered container in a cool place. Use within a month. Makes 10 cups.

BISCUITS

2 c. master mix
1/3 to 1/2 c. water

Add water to the dry mix, using enough to make dough that is soft, but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to 3/4-inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Bake at 450° (very hot oven) for 12 to 15 minutes. Makes 12 biscuits, 2-inches across. Each biscuit contains: 93 (5%*) calories, .45 mg. (3%**) iron and 68 mg. (8%**) calcium.

*Percentage of calories were calculated based on recommended amount for an adult female 23 to 50 years.

**Percentage of recommended daily allowance for an adult.

Calcium was analyzed for recipes containing milk.

BRAN MUFFINS

2 c. boiling water
2 c. Nabisco bran
4 c. all-bran
1 c. shortening (butter or margarine)
2 c. sugar
4 eggs, beaten
5 c. flour
5 tsp. baking soda
1 tsp. salt
1 qt. buttermilk
1 c. each chopped nuts, raisins (and if wanted), chopped dates

Cream sugar and shortening; add beaten eggs. Pour boiling water over the bran and let stand several minutes, then add buttermilk. Sift flour, soda and salt and add and stir enough to blend well. Fill greased muffin tins 1/2 full and bake at 400° for 15 to 20 minutes.

This makes about 75 small or 40 large muffins and if batter isn't all used, it can be refrigerated for several weeks. Muffins freeze well.

BRAN MUFFINS

2 1/2 c. bran flakes (not cereal)
2 c. wheat germ
1 c. sesame seed
2 c. brown sugar
5 c. whole wheat flour
5 tsp. baking soda
1 c. honey
1 c. oil
1/2 c. molasses
4 slightly beaten eggs
1 qt. buttermilk
2 c. boiling water
1 tsp. salt

Mix well. Batter may be stored up to 1 month in refrigerator in jar.

Optional: Raisins, nuts and grated orange peel.

Emi Arata

RAISIN BRAN MUFFINS

2 c. bran
1 c. boiling water
3 c. whole wheat flour
1/2 c. oil
1 1/2 tsp. vanilla
2 c. buttermilk
walnuts (optional)
1/2 c. raisins (or more)
1 Tbsp. baking soda
1/2 c. honey
2 eggs, beaten
2 Tbsp. unsulphured molasses

Combine bran, raisins and boiling water in a bowl. Allow to set a few minutes. Combine flour and baking soda and set aside.

To raisin and bran mixture, add oil, honey, buttermilk,

eggs, vanilla and molasses and mix well. Add the flour mixture and stir until moistened. Bake at 350° for 19 to 25 minutes. Check muffins around 19 minutes with a toothpick. Try not to overbake.

Karen-Agnes Yoshimura

PEAR-FILLED COFFEE RING

1 (16 oz.) can Bartlett pear halves
2 c. flour
3/4 c. sugar
1 1/2 tsp. baking powder
1/2 tsp. salt
1/3 c. butter
1 c. diced, candied fruit
1/2 c. chopped pecans
1 egg, slightly beaten
confectioners sugar glaze
candied cherries
pecan halves

Drain pears, reserving syrup. Set aside 1 pear half for garnish; dice remaining pears. Sift together dry ingredients. Cut in butter until mixture resembles coarse oatmeal. Mix in chopped pears, candied fruit and pecans.

Combine egg and 1/2 cup reserved pear syrup. Add to dry ingredients, mixing just until moistened. Spoon into well greased 9-inch ring mold or 8-inch tube pan. Bake at 375° for 35 to 40 minutes, or until cake tests done.

Allow to cool for a few minutes; turn out of pan. While still warm, but not hot, top with confectioners sugar glaze. Slice reserved pear; arrange pear slices, candied cherries and pecans on top of cake. Makes 9 to 12 servings.

COTTAGE CHEESE PANCAKES

4 Tbsp. flour
1 c. cottage cheese (small curd)
3 egg yolks
3 egg whites, beaten well

Work in flour into cottage cheese, mashing cheese. Add egg yolks. Beat egg whites well and fold into cottage cheese mixture. Heat pan; add butter. Cook pancakes under low heat. Serve with syrup. Yield: 12 medium pancakes.

WHOLE WHEAT PIE CRUST

2 c. whole wheat pastry flour
1 tsp. salt
1/2 tsp. baking powder
1/2 c. cold vegetable oil (corn, safflower, etc.)
1/4 c. ice water

Preheat oven to 425° for single crust and 350° for double crust.

Combine dry ingredients and pour oil over dry mixture; stir with fork until flour is moistened. Add ice water and work with hands to form 2 balls. Refrigerate for about an hour. Place chilled dough onto floured board to knead into shapes to roll and fit into pie dish. Bake for about 10 minutes for single crust or 35 to 40 minutes for 2 crust filled pies.

Mary Kato

BERRY CREAM CHEESE TART

6 oz. cream cheese
1/2 c. sour cream
juice from 1 large lemon
1/3 c. sugar
2 c. berries
1/2 c. currant or apple jelly
1 Tbsp. Kirsch or orange liqueur

With mixer, beat cheese until fluffy. Add sour cream, lemon juice and sugar; beat until sugar is melted. Pour into baked tart shell and decorate with berries. Heat jelly in saucepan. Add liqueur and allow to cool; pour over the berries to glaze. Allow to chill for at least 2 hours before serving. Makes 6 to 8 tarts.

Mary Kato

CHERRY CHEESE TART

2 (8 oz.) pkg. cream cheese
3/4 c. sugar
1 Tbsp. lemon juice
canned cherry pie filling
2 eggs
1 tsp. vanilla
vanilla wafers

Combine cream cheese, sugar, lemon juice, eggs and vanilla and beat until smooth. Put a vanilla wafer in bottom of each cupcake paper cup and pour in mixture 3/4 full. Bake

at 350° for 15 minutes. Let cool. Spoon cherry pie filling on each tart. Must refrigerate.

Laureen Tanaka

AMERICAN HERITAGE APPLE PIE

Crust:

2 c. flour
1 tsp. sugar
dash of salt

Measure into bowl the flour, sugar and salt. Mix with a fork to blend. Pour 2/3 cup salad oil into measuring cup. Add milk to make 1 cup liquid. All at once, pour liquid into dry ingredients and mix with fork just until sides of bowl come clean.

Filling:

8 small or 5 large Golden Delicious apples
1/2 c. granulated sugar
1 tsp. cinnamon
1 heaping Tbsp. flour
dash of nutmeg
juice of 1/2 lemon
1/4 cube margarine

Core, peel and slice apples. Squeeze lemon over apples. Stir. Mix rest of ingredients, except margarine and stir into apples. Pour mixture into unbaked pie shell. Cut margarine into small chunks and dot them over apples. Put on top crust, trim edges and flute. Cut slits in crust. Bake at 325° to 350° until crust is golden brown.

Lydia Ota

CHERRY CLOUD PIE

3 c. dry enriched breadcrumbs
1/2 c. sugar
1 c. butter
4 (1 oz.) sq. baking chocolate
1 envelope unflavored gelatin
1/2 c. cold water
1 (1 lb. 2 oz.) can vanilla pudding
2 c. prepared whipped topping
1 c. drained maraschino cherry halves
1/2 c. chopped nuts

Blend together breadcrumbs and sugar. In small saucepan, melt butter and chocolate over low heat; blend well into crumb mixture. Press firmly into 2 greased 9-inch pie plates. Sprinkle gelatin over cold water in saucepan. Cook over low

heat; beat in vanilla pudding. Fold in whipped topping, cherry halves and nuts. Pour into crumb crusts. Refrigerate until firm or overnight. Decorate with additional whipped topping and cherries, if desired. One pie may be frozen for later use. Makes 2 (9-inch) pies.

PIE CRUST AND FRESH FRUIT PIES

1 2/3 c. shortening
4 c. flour
1 tsp. salt
1/2 c. water

Mix shortening, 3 1/2 cups flour and salt. Make a paste with 1/2 cup flour and 1/2 cup water. Add paste to flour and shortening mixture and roll out to shape pie crusts. Makes about 2 (10-inch) crusts, plus 1 (8-inch) or 4 to 5 (9-inch) single crusts.

Fresh Fruit Pies: Cook 2 cups peeled and sliced fruits (apricots, peaches, berries) together until thick and clear. Put 2 cups fresh fruit, peeled and diced, into cooled, baked pie shell. Cover at once with cooked mixture. Chill thoroughly. Serve with whipped cream.

Irene Nakano

PEAR CRANBERRY PIE

pastry for 2 crust, 9-inch pie
5 c. sliced fresh western Bartlett pears
2 c. fresh cranberries
1 c. sugar
2 Tbsp. cornstarch
1 tsp. cinnamon
1/2 tsp. allspice
2 Tbsp. butter

Prepare pastry according to favorite recipe. Core and slice pears, but do not peel. Combine pears and cranberries. Blend together sugar, cornstarch, cinnamon and allspice; toss with fruit. Pile into pastry-lined 9-inch pie plate; dot with butter. Roll out remaining pastry. Cut in strips and weave over top of pie for lattice crust. Bake at 450° for 10 minutes. Reduce heat to 350° and continue baking for 50 minutes, or until fruit is tender and crust is golden brown. Serve warm or chilled, as is, or with soft ice cream. Makes 1 (9-inch) pie.

PECAN PIE

3 eggs, beaten
1 c. corn syrup (Karo)
1/8 tsp. salt
1 tsp. vanilla
1 c. sugar
2 Tbsp. melted butter
1 c. pecans
1 unbaked 9-inch pie crust

Mix together beaten eggs, syrup, salt, vanilla, sugar, butter and pecans. Pour into unbaked crust and bake in 375° for 15 minutes. Reduce to 325° and continue baking for 30 to 35 minutes (kitchen knife inserted in center of pie should come clean).

From Carol B. Collection

MISSISSIPPI MUD PIE

Crust:

1 c. flour
1 c. ground nuts
1 cube butter (margarine)

Mix and put in a 9 x 13-inch pan. Bake in a 350° oven for 20 to 30 minutes. Let cool.

Filling:

8 oz. cream cheese
6 oz. Cool Whip
1 c. powdered sugar

Beat and spread on crust.

1 large pkg. instant vanilla pudding
2 c. milk

Spread on top.

1 large pkg. instant chocolate pudding
2 c. milk

Beat and spread on top. Last, spread 6 ounce Cool Whip on top.

WALNUT PIE

1 (9-inch) pie crust
1/2 c. brown sugar, packed
1/4 tsp. salt
3 eggs

2 Tbsp. all-purpose flour
1 1/4 c. light corn syrup
3 Tbsp. butter
1 1/2 tsp. vanilla
1 c. large pieces walnuts

Mix brown sugar and flour in saucepan. Add corn syrup, butter and salt. Warm over low heat until butter melts. In large bowl, beat eggs with vanilla. Stir in sugar mixture. Pour into pie shell and sprinkle with walnuts. Bake on lower rack at 350° for about 40 to 45 minutes, until filling is set in middle. Cool before cutting.

GOLDEN APPLE BEIGNETS

1 large Golden Delicious apple, cored and sliced into 16 pieces
1/4 c. sugar
1 tsp. ground cinnamon
2 (8 oz.) pkg. refrigerator crescent rolls
oil
powdered sugar

Halve each slice of apple crosswise. Combine sugar and cinnamon; dip apple pieces in mixture, turning to coat all sides. Unroll crescent roll dough and divide each package into 4 rectangles. Seal diagonal perforations by pressing together. Quarter each rectangle crosswise. Place pieces of apple on one end of rectangle of dough. Fold opposite ends over apple and seal well; repeat with remaining dough and apples. Deep fry in oil heated to 375° 3 to 5 minutes, or until puffed and golden. Drain on paper towels. Sprinkle with powdered sugar. Makes 32 pieces.

Lydia Ota

APPLE FLUDEN

3/4 c. soft butter or margarine
1 3/4 c. sugar
2 eggs
1 tsp. vanilla
3 1/4 c. unsifted flour
3/4 tsp. baking powder
1/2 tsp. salt
2 Tbsp. orange juice
4 c. finely chopped apples
1 c. golden raisins
1/2 c. chopped blanched almonds
1 tsp. cinnamon
1/4 tsp. nutmeg
butter or margarine

Cream the butter, then gradually add 3/4 cup sugar and beat until light and fluffy. Add the eggs, one at a time, beating after each addition; blend in vanilla. Sift 3 cups flour with baking powder and salt; add half the flour mixture

to the creamed mixture. Blend in the orange juice and then the remaining flour mixture; mix until well blended. The resulting dough will have the consistency of a rolled cookie dough. Wrap this in plastic wrap and chill for at least 3 hours.

Divide the chilled dough into 4 equal portions. Roll 1/4 of the dough out on a well floured board or pastry cloth until it is about 1/8-inch thick; then cut it into 9-inch squares and place in the bottom of a buttered 9-inch square baking pan. Cover with about 1/3 each of the apples, raisins and almonds.

Mix remaining 1 cup sugar with the remaining 1/4 cup flour, cinnamon and nutmeg; sprinkle about 1/3 of the sugar mixture over the apples. Dot with butter; repeat the layering procedure, rolling out 2 more pastry squares, using the remaining apples, raisins, nuts and sugar mixture and dotting each fruit layer with butter. Roll out last portion of pastry, place over fruit and prick with a fork. Bake in moderate 350° oven for about 1 hour or until crust is nicely browned and pastry layers inside test done when a toothpick is inserted in the center. Spread with glaze while warm. Cut into squares and serve warm. Makes 9 servings.

Sugar Glaze: Combine 1 cup powdered sugar, the juice of 1 lemon and dash of vanilla; beat until smooth.

T. M. K.

PURPLE PLUM COBBLER SWIRLS

2 c. chopped purple prune plums
1/4 c. chopped nuts
1 tsp. grated lemon peel
1/2 tsp. cinnamon
dash of salt
2 1/2 c. sifted flour
1/4 c. sugar
3 tsp. baking powder
2/3 tsp. salt
1/2 c. shortening
1 egg, beaten
2/3 c. milk
1 Tbsp. soft butter

Combine plums, 1/4 cup sugar, nuts, lemon peel, cinnamon and dash of salt; blend well. Set aside.

Sift together flour, 1/4 cup sugar, baking powder and salt. Cut in shortening until mixture resembles cornmeal. Combine egg and milk; add to dry ingredients, stirring just to blend. Turn out on floured board and knead gently several

times. Roll dough to a 9 x 12-inch rectangle; spread with soft butter. Spoon plum filling evenly over surface. Roll up, jelly roll style, and seal edge. Cut in 12 (1-inch) slices; place in buttered muffin tins. Bake at 425° for 20 minutes. Serve warm as is or with cream for dessert. Makes 12 cobbler swirls.

<<< Extra Recipes >>>

<<< Extra Recipes >>>

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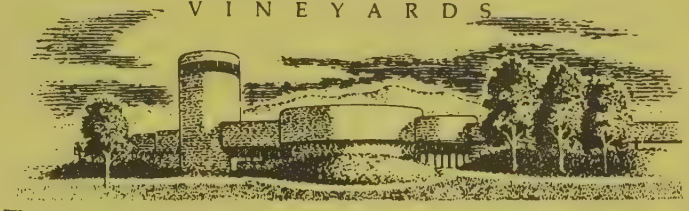

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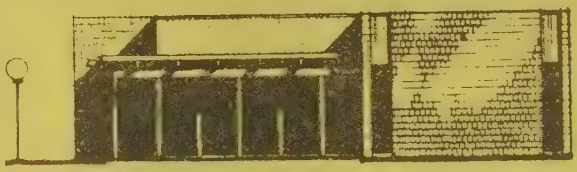

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Weights, Measures and Equivalents

EQUIVALENTS

Dash	less than 1/8 teaspoon
A few grains	less than 1/8 teaspoon
1 coffee spoon	¼ teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	¼ cup
5 tablespoons	⅓ cup
1 ½ ounce	1 jigger
½ jigger	1 pony
16 tablespoons	1 cup
1 cup	½ pint
2 cups	1 pint
2 pints	1 quart
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
1 pound	454 grams
2 pounds, 2 ounces	1 Kilogram (1000 grams)
1 cup baking powder	5 ½ ounces
1 pound flour all purpose	4 cups
cake	4 ½ cups
Graham	3 ½ cups
1 pound butter	2 cups
½ pound butter	2 sticks
1 stick butter	½ cup or 8 Tbsps.
¼ pound grated cheese	1 cup
1 pound cheese	2 ⅔ cups
1 pound brown sugar (1 box)	2 ½ cups
1 pound confectioners (1 box)	2 ½ cups
1 pound granulated sugar	2 cups
1 pound cube sugar	96-160 cubes
1 pound seeded raisins	2 ½ cups
1 pound seedless raisins	3 cups
1 pound coffee	5 cups yield 40-50 cups of coffee
1 pound rice	2 cups yield 3-4 cups cooked rice
1 pound cocoa	4 cups
1 square chocolate	1 ounce or 3 tablespoons grated chocolate
½ pound marshamllows	16 marshmallows
1 pound crab meat	2 cups
1 pound pitted dates	2 cups
1 pound figs (chopped)	3 cups

EQUIVALENTS

1 pound nut meats (chopped)	4 cups
1 cup noodles	1 ½ cups when cooked
1 egg	¼ cup
5 eggs	1 cup
9 eggs	1 pound
7-9 egg whites	1 cup
12-14 egg yolks	1 cup
1 lemon, ave. size	3 tablespoons juice
5-8 medium lemons	1 cup
1 lemon rind	1 tablespoon, grated
1 orange	2-3 tablespoons juice
3-4 medium oranges	1 cup juice
1 orange rind	2 tablespoons, grated
4 medium tomatoes	1 pound
3 large bananas (skin on)	1 pound
2 quarts apples	3 pounds
4 medium potatoes	1 pound
1 pound peas, in pod	1 cup when shelled
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs
1 pound cornmeal	3 cups
1 pound cornstarch	3 cups

A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits, liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth	Cheese, milk, leafy greens
Phosphorus	For development of healthy bones and teeth.	Cereals, cheese, eggs, milk, meat, fish, dried peas or beans.

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SPICE OF LIFE

Apple pie without cinnamon, what a disgrace. Spaghetti without oregano, how dull. Who could think of making chili beans without chili powder? We seem to take spices for granted, but would miss them in a hurry if there were gone.

Spices and herbs are usually not considered as important to nutrition because they are used in such minute quantities that they don't contribute any calories, vitamins or minerals to our diet. Nevertheless, herbs and spices have an important role in nutrition.

In low calorie cooking, it is important to reduce the fats such as butter, mayonnaise, sauces and gravies. These low fat calorie foods could taste bland if they were not carefully seasoned with herbs and spices.

The same is true of low salt/sodium cooking. We tend to put so much salt in our foods, both in manufacturing and home cooking, that when we try to cut down on our salt intake, foods seem tasteless. By adding herbs and spices to foods, we can restore the excitement to food without the salt.

For many years, people with digestive problems felt that they had to avoid spicy food and eat a "bland" diet. Most research shows that black pepper is the only true "gastric irritant" of the seasonings. Each individual can determine if certain foods are a problem. It may be a food or cooking method that is bothersome rather than a spice.

When cooking with spices and herbs, they should enhance a food, not overpower it. Dried herbs are more concentrated than fresh, so use less dried. Spices and herbs store best in a cool dark place. Heat destroys the flavor.

Containers should be sealed tightly to keep flavors in . If you write the date on your spice containers, you should check them at least once a year. If you rub a pinch between your fingers and there is no distinct odor, you should throw it away.

ORANGE-PINEAPPLE MOLD

(Contains 119 Calories Per Serving)

1 (No. 2) can crushed pineapple, canned in unsweetened juice
2 envelopes unflavored gelatin
1/4 c. sugar
1/4 tsp. salt
3 eggs, separated
1 c. unsweetened pineapple juice (from crushed pineapple)
1 c. fresh orange juice
1 c. buttermilk
1 tsp. grated lemon rind
1 tsp. grated orange rind

Drain pineapple, reserving juice. Combine gelatin, sugar and salt in saucepan. Add small amount of pineapple juice to make smooth paste. Add egg yolks and blend well. Add remaining pineapple juice. Cook over medium heat, stirring constantly, until gelatin is dissolved and mixture coats a spoon. Do not boil. Remove from heat and cool to lukewarm, stirring occasionally.

Add orange juice, buttermilk, lemon and orange rind; blend thoroughly. Cool until mixture starts to thicken. Beat egg whites until stiff; fold into gelatin mixture along with 1 cup of the drained pineapple. Turn into 6-cup mold. Chill several hours until set. Unmold on serving plate and garnish as desired. Makes 8 servings.

LOW CALORIE MAPLE SYRUP

1 tsp. plain gelatin
1/2 c. cold water
1 1/2 c. boiling water
1 Tbsp. sugar substitute
1/2 tsp. maple flavoring

Dissolve gelatin in cold water. Add boiling water and sugar substitute. Blend well. Add flavoring. Store in jar in refrigerator.

LO-CAL TOMATO DRESSING

(Contains 19 Calories Per Tablespoon)

1 c. tomato juice
1/4 c. safflower oil
1/4 c. lemon juice or vinegar
1/2 tsp. seasoned salt
1 tsp. dry mustard
1/4 tsp. garlic salt
1/4 tsp. onion salt
1 Tbsp. steak sauce

Combine all ingredients and beat well to mix thoroughly. Chill before serving. Good on salad greens. Makes 1 1/2 cups.

BEAN SPROUTS

Buy untreated seeds at any health food or organic food store. Place a quarter cup of seeds in a quart jar. Fill it half full of water. Then place cheesecloth or nylon net over the mouth of the jar and screw on a canning jarring or secure it with a rubber band. Let the seeds soak for about 8 hours or overnight and then drain the water off. Wrap a towel or rag around the jar to keep it dark. Put the jar in a spot that's about 70° to 72°. Rinse the seeds every morning and night for 4 days, otherwise the sprouts may rot.

Mung bean seeds are the easiest to sprout, but they're mild flavored. You can also try growing alfalfa, barley, buckwheat or corn. Be sure to buy untreated seeds, that is, seeds that hasn't been treated with any chemicals.

VEAL SCALLOPINI

(Contains 252 Calories Per Serving)

1 1/2 lb. veal, round or loin
2 Tbsp. flour
1 1/2 tsp. seasoned salt
dash of pepper
1/2 tsp. paprika
2 Tbsp. safflower oil
2 c. sliced fresh mushrooms
1/2 c. beef broth
2 Tbsp. dry sherry
2 Tbsp. minced parsley

Trim veal well and cut into 6 pieces. Combine flour, salt, pepper and paprika; sprinkle both sides of veal slices. Heat oil in Teflon (nonstick) skillet; add veal and brown very quickly on both sides. Transfer onto warm platter and keep

warm. Add mushrooms in pan and saute about 5 minutes. Add beef broth and sherry. Cook over high heat for about a minute. Serve over veal and garnish with minced parsley. Makes 6 servings.

STRAWBERRY YOGURT SHERBET

2 c. fresh, ripe strawberries **1 c. plain yogurt**
1/2 c. sugar

Rinse, drain and hull strawberries. Combine all ingredients in blender bowl. Process just until blended. Turn into square aluminum pan and freeze. Break into chunks and beat with electric mixer until smooth. Refreeze. Makes 4 generous servings.

Edith Yamasaki

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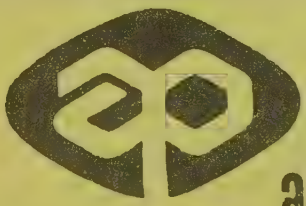

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Candy Testing

Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

CANDY	DEGREES	STAGE	COLD WATER TEST
	230-234 degrees	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240 degrees	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water
Divinity, Caramels	244-248 degrees	Firm ball	Candy will roll into a firm ball but not hard ball which will not lose its shape upon removal from water.
Taffy	250-266 degrees	Hard ball	Syrup forms hard ball, although it is pliable
Butterscotch	270-290 degrees	Light Crack	Candy will form threads in water which will soften when removed from water
Peanut Brittle	300-310 degrees	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321 degrees	Caramelized	Sugar first melts, then becomes a golden brown and will form a hard, brittle ball in cold water

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BUTTERMILK BROWNIES

1 cube margarine
1 sq. chocolate, unsweetened
1 c. water
1/2 c. shortening
2 c. sugar
2 c. flour
1 tsp. baking soda
1 tsp. vanilla
1/2 tsp. salt
2 eggs
1/2 c. buttermilk

In small pan, heat until melted the margarine, chocolate, water and shortening. In large mixing bowl, combine sugar with mixture. Then add flour, baking soda, vanilla, salt, eggs and buttermilk. Pour into greased and floured 11 x 14-inch pan and bake at 350° for 25 minutes. If you wish more cake-like brownies, use 11 x 13-inch pan.

Frosting:

1/2 stick margarine
1 sq. unsweetened chocolate
1/3 c. buttermilk
1/2 to 3/4 box powdered sugar

Over low heat, heat together margarine and chocolate. Remove from heat and add about 1/3 cup buttermilk. Cool a little, then beat in powdered sugar until of desired consistency.

Junko Ryuto Nakashima

PECAN PIE BARS

2 c. unsifted flour
1 c. cold margarine or butter
1 (14 oz.) can Eagle Brand milk
1 egg
1 (6 oz.) pkg. almond brickle chips
1 c. chopped pecans
1/2 c. confectioners sugar
1 tsp. vanilla extract

Preheat oven to 350° or 325° for glass container. In medium bowl, combine flour and sugar; cut in margarine until crumbly. Press firmly on bottom of 9 x 13-inch baking pan. Bake 15 minutes.

In medium bowl, beat condensed milk, egg and vanilla. Stir in chips and nuts. Spread over crust. Bake 25 minutes or

until brown. Cool and cut into bars or squares. Store in refrigerator.

Kate Hisaka

LEMON GLAZE PERSIMMON BARS

1 c. fresh persimmon pulp or frozen with 1 1/2 tsp. lemon juice
1 tsp. soda
1 egg
1 c. sugar
1/2 c. oil
8 oz. pitted dates, cut fine
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1/4 tsp. cloves
1 c. chopped walnuts
1 1/3 c. all-purpose flour, unsifted

Mix pulp with soda and set aside. In large bowl, lightly beat eggs. Add sugar, oil and dates. Combine flour, salt and spices. Add date mixture alternately with persimmon pulp until blended. Stir in walnuts. Grease and flour 10 x 15-inch pan, jelly roll type. Bake at 350° until brown. Cool 15 minutes. Cool 5 minutes; then top with glaze.

Glaze:

1 c. unsifted powdered sugar
2 Tbsp. lemon juice.

LEMON GLAZED PERSIMMON BARS

1 c. persimmon pulp
1 1/2 tsp. lemon juice
1 tsp. soda
1 egg
1 c. sugar
1/2 c. oil
1 c. pitted dates or raisins
1 3/4 c. flour
1 tsp. salt
1 tsp. nutmeg
1 tsp. cinnamon
1/4 tsp. cloves
1 c. chopped walnuts or pecans

Mix pulp with lemon juice and soda. Lightly, beat 1 egg and stir in sugar, oil, raisins and nuts. Combine flour with salt and spices and add to raisin mix alternately with pulp. Beat well. Spread in greased and floured 10 x 15-inch pan. Bake 25 minutes in 350° oven or until lightly brown.

Lemon Glaze:

1 c. unsifted powdered sugar
2 Tbsp. lemon juice

Beat until smooth and spread on cooled, but still warm cake.

Yuki Tsujimoto

LEMON BARS DELUXE

2 c. sifted flour
1 c. butter
2 c. sugar
1/4 c. flour
1/2 c. sifted powdered sugar
4 beaten eggs
1/3 c. lemon juice
1/2 tsp. baking powder

Sift together the 2 cups flour and the powdered sugar. Cut in butter until mixture clings together. Press in 13 x 9 x 2-inch baking pan. Bake in 350° oven for 20 or 25 minutes, or until slightly browned.

Beat together eggs, sugar and lemon juice. Shift together the 1/4 cup flour and the baking powder. Stir into egg mixture. Pour over baked crust. Bake in 350° oven for 25 minutes. Sprinkle with additional powdered sugar. Cool. Cut into squares or bars.

Kate Hisaka

CHERRY-COCONUT BARS

1 c. sifted flour
1/2 c. butter
3 Tbsp. powdered sugar
2 eggs, slightly beaten
1 c. granulated sugar
1/4 c. flour
1/2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla
3/4 c. chopped nuts
1/2 c. coconut
1/2 c. quartered maraschino cherries

Mix flour, butter and powdered sugar and spread in 8-inch square pan. Bake at 350° for 25 minutes.

Mix eggs, granulated sugar, flour, baking powder and salt. Add remaining ingredients and spread over baked pastry. Bake at 350° for 25 minutes. Cool and cut into bars or squares.

Emi Arata

APRICOT MERINGUE BARS

1 c. shortening
1 1/2 c. sugar
1/4 tsp. salt
4 eggs, separated
2 1/2 c. sifted flour
1 pt. apricot preserves
1 tsp. vanilla
3/4 c. ground pecans

Cream shortening and 1/2 cup sugar. Add salt, egg yolks and flour. Mix well. Spread on 2 1/2 x 13 x 10-inch cookie sheet with oiled hands; cover with preserves. Beat egg whites, remaining sugar and vanilla until stiff; spread over top and cover with nuts. Bake at 350° for 35 to 40 minutes.

Emi Arata

TIN MUFFIN COOKIES

Crust:

1 stick oleo or butter
1 c. flour
3 oz. pkg. cream cheese

Filling:

3/4 c. chopped pecans
1 tsp. vanilla
1 egg
1-inch piece oleo or butter
1/2 c. sugar
pinch of salt

Cream margarine and cream cheese. Add flour and mold into a ball. Form into 24 balls and mold into small muffin tins, sprayed with Pam.

Mix sugar and butter. Add egg and beat well. Add nuts, vanilla and salt. Fill crust 3/4 full and bake at 375° for 30 minutes. Remove from pan immediately, one at a time and cool on a rack.

Kiyoko Kanda
Harumi Tanaka

CRISPIE OATMEAL COOKIES

1 1/2 c. sugar
2 eggs
1 tsp. baking soda
1 c. raisins
2 c. oats
2 cube butter
2 1/2 c. flour
1 tsp. salt
1 c. nuts

Using a mixer beat sugar, butter and eggs together. Mix

and stir by hand the flour, baking soda and salt, then add all the ingredients to the sugar, butter, eggs and mix well by hand. Oil cookie sheet lightly. Press thin with fingers or fork. Bake at 400° for 10 minutes.

Arleen Ota

WALNUT GINGERSNAPS

2 c. sifted all-purpose flour
1 Tbsp. baking soda
1 tsp. salt
3/4 tsp. ginger
3/4 tsp. cinnamon
3/4 tsp. cloves
3/4 c. shortening (1/2 butter)
1/2 c. granulated sugar
1/2 c. brown sugar, packed
1 egg
1/4 c. light molasses
2 c. finely chopped walnuts
sugar

Resift flour with soda, salt and spices. Cream together shortening, sugars and egg. Stir in molasses, then flour mixture. Add walnuts and mix well. Shape into balls, about 1-inch in diameter. Roll in additional granulated sugar. Place on greased cookie sheet and flatten with fork. Bake at 350° for about 10 minutes.

Note: These cookies very good when dunked in coffee.

Marie Mitsuda

LUNCH BOX COOKIES

1/2 c. margarine
1/2 c. honey
1 1/2 c. miniature marshmallows
4 c. flake cereal, crushed
1/2 c. coconut
1/2 c. raisins
3/4 c. chopped dried apricots
3/4 c. chopped dry roasted peanuts

Combine margarine, honey and marshmallows in a saucepan. Stir constantly over medium heat until melted. Cook 2 minutes longer.

Mix cereal, coconut, raisins, 1/2 cup apricots, 1/2 cup peanuts. Pour melted mixture over dry ingredients. Mix well. Press into greased 9 x 9 x 2-inch pan. Sprinkle with remainder apricots and nuts. Chill 1 hour. Cut into squares.

ICEBOX COOKIES

1 lb. margarine, softened
1 box brown sugar
3 eggs
5 c. flour
3 tsp. baking powder
1 tsp. soda
1 tsp. vanilla
1 tsp. cinnamon
1 c. ground nuts

Mix margarine, brown sugar and eggs. Add flour and baking powder. Add soda, which has been mixed in 1 tablespoon warm water. Add vanilla, cinnamon and ground nuts. Fashion 4 loaves, wrap in wax paper and keep in freezer until you plan to use them. Then, slice dough thinly and bake at 350° for 15 minutes, or until light brown.

Edith Yamasaki

MRS. FIELD'S COOKIES

2 c. butter
2 c. sugar
2 c. brown sugar
4 eggs
2 tsp. vanilla
4 c. flour
5 c. oatmeal*
1 tsp. salt
2 tsp. baking powder
2 tsp. baking soda
24 oz. chocolate chips
1 (8 oz.) Hershey bar, grated
3 c. chopped nuts

Cream together the butter, sugar and brown sugar. Add eggs and vanilla. Mix together flour, oatmeal, salt, baking powder and baking soda. Mix together all ingredients. Add chocolate chips, Hershey bar and chopped nuts. Make golf ball size cookies, 2-inches apart. Bake on ungreased cookie sheet at 375° for 6 minutes.

*Put in blender after measuring until it turns to powder.

Jennie Mizuno

MRS. FIELD'S OATMEAL COOKIES

2 c. brown sugar
2 c. regular sugar
2 c. butter
4 eggs
1 tsp. salt
2 tsp. baking soda
2 tsp. vanilla
4 c. flour
5 c. oats
3 c. nuts
3 c. raisins
1 c. chocolate chips

Mix all ingredients. Press golf ball size scoops onto

ungreased baking sheet, 2-inches apart. Bake at 400° for 8 to 10 minutes, or until nicely browned. Cool completely before serving.

Note: Recipe may be halved.

BITS 'O BRICKLE SUGAR COOKIES

1 c. granulated sugar
1 tsp. cream of tartar
1 c. salad oil
2 eggs
4 1/2 c. flour
1 c. powdered sugar
1 tsp. baking soda
2 cubes butter or margarine
2 tsp. vanilla
1 pt. Bits 'O Brickle

Place all ingredients, except flour in large mixing bowl and mix thoroughly. Add flour and mix well. Add Bits 'O Brickle and 1/2 cup chopped nuts. Chill overnight. Form into small balls. Dip glass in sugar and press slightly. Bake at 350° about 12 minutes.

Kimi Horita

DATE TORTE COOKIES

2 eggs
1 c. sifted confectioners sugar
2 Tbsp. flour
1/2 tsp. salt
1 tsp. baking powder
1 c. chopped dates
1 c. chopped nuts

Beat eggs until light and fluffy; gradually add sugar, beating until thick. Sift together dry ingredients; mix in dates and nuts. Fold into egg mixture. Spread in greased 9 x 9 x 2-inch pan. Bake in 350° oven 30 to 35 minutes. Cool. Cut in squares. Roll in confectioners sugar. Makes about 16 squares.

ROCKS

3 c. sifted flour
1 tsp. baking soda
1 1/2 tsp. cinnamon
1/2 c. soft shortening
1 cube soft margarine
1 1/2 c. brown sugar, packed
3 eggs
1 c. raisins
1 c. chopped walnuts

Sift together flour, baking soda and cinnamon; add to shortening, margarine, brown sugar and 3 eggs and cream until light and fluffy. Wooden spoon may be used to blend well. Drop with spoon on greased cookie sheet about 1-inch apart.

Decorate each with quartered candied red cherry and some with walnut pieces or just plain on top. Bake at 350° for 15 to 20 minutes, or until lightly brown. Makes about 5 dozen.

Mae Ogawa

ROCKY ROAD

1 (12 oz.) pkg. milk chocolate chips
1 1/2 c. miniature marshmallows
1 c. coarsely chopped walnuts

Melt chocolate in pan over hot water, stirring until smooth. Spread 1/3 of melted chocolate in 8 x 8-inch buttered pan. Mix marshmallows, walnuts and remaining chocolate and pour on top. Allow to set until firm. Cut into squares.

PEANUT BRITTLE

1/2 c. boiling water
1 c. white Karo syrup
2 c. white sugar
2 c. raw peanuts
1 tsp. vanilla
3 Tbsp. butter
2 level tsp. soda (baking)

Bring to boil water with syrup and sugar. Boil until threads form. Add raw peanuts and cook until golden in color; then add vanilla and butter. Remove from heat, then add baking soda and mix quickly (it will foam). Pour quickly onto well buttered cookie sheet. Cool and break into pieces.

M. K.

CREAM CHEESE FROSTING

1 (1 lb.) box sifted confectioners sugar
1 (8 oz.) pkg. Philadelphia cream cheese
1 stick softened butter
2 tsp. vanilla
1 c. chopped walnuts

Combine all ingredients and beat to spreading consistency. Frost cake top and sides.

Harumi Tanaka

ORANGE CREAM CHEESE FROSTING

1 (3 oz.) pkg. cream cheese, softened
1 Tbsp. butter, softened
1 tsp. orange peel, shredded
2 c. sifted confectioners sugar

Combine cream cheese, butter and orange peel. Beat at low speed until light. Gradually add sugar, beating until fluffy. If necessary, add orange juice to make of spreading consistency.

GLAZED ALMONDS

1 c. blanched almonds
1/2 c. sugar
2 Tbsp. butter
1/2 Tbsp. vanilla

Combine almonds, sugar and butter in heavy skillet. Cook over medium heat, stirring constantly, until almonds are toasted and sugar is golden brown, about 15 minutes. Stir in vanilla. Spread nuts on sheet of aluminum foil. Sprinkle lightly with salt. Cool; then break into 2 to 3 nut clusters with forks. Store in tightly covered container. Salt and vanilla optional.

SPONGE CAKE

1 c. sifted cake flour
1/4 tsp. salt
5 egg yolks
5 egg whites, stiffly beaten
1/2 lemon grated rind and juice
1 c. sifted sugar

Sift flour with salt several times. Beat egg yolks until thick and lemon colored. Add lemon juice and rind; beat until very light. Gradually add sugar alternately with flour and continue beating until well blended. Fold stiffly beaten egg whites gently until thoroughly blended (air bubbles of eggs act as leavening agent). Pour into tube pan and bake in 325° oven for about 1 hour. Invert until cooled before removing from pan.

RUM CAKE

Cake:

1 (18 1/2 oz.) pkg. yellow cake mix
1 (3/4 oz.) pkg. instant vanilla pudding mix
4 large eggs
1/2 c. cold water
1/2 c. salad oil
1/2 c. rum

Glaze:

1/2 c. butter (2 oz.)
1 oz. water
1/2 c. sugar
1/2 c. rum

Cake: Mix all cake ingredients and beat at low speed for 5 minutes. Makes 1 (16 x 12-inch) sheet cake or 2 equal small ones. Grease pans and bake at 325° for 30 minutes.

Glaze: Mix butter in heavy saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Cool slightly. Stir in rum. Prick top of cooled cake with fork and drizzle glaze over cake until it is all used up.

Lydia Ota

PINEAPPLE CRUMB CAKE

2 3/4 c. packaged biscuit mix
1/2 c. granulated sugar
1/4 c. shortening
3/4 c. milk
2 eggs
1 (20 oz.) can sliced pineapple
1/2 c. firmly packed brown sugar
2 tsp. cinnamon
1/2 c. butter

Combine 2 cups biscuit mix and granulated sugar; cut in shortening. Add milk and eggs; beat until smooth. Drain pineapple. Cut 4 slices into small pieces; stir into cake batter. Pour batter in a well greased 10 x 6-inch baking dish.

Combine remaining 3/4 cup biscuit mix, brown sugar, cinnamon and butter; mix to a crumbly texture. Sprinkle mixture over cake. Cut remaining pineapple slices in halves and arrange in 2 rows across the cake. Bake at 400° for 20 to 25 minutes. Makes 6 to 8 servings.

CHEZ ZABETH'S HAZELNUT PEACH UPSIDE DOWN CAKE

2 peaches (Ohenry's or freestone), sliced
1/2 c. toasted chopped hazelnuts
1/4 c. brown sugar
2/3 c. softened butter
1/2 tsp. ginger
1/4 tsp. allspice
1/2 tsp. cinnamon
1 1/4 c. flour
1 c. sugar
1 1/2 tsp. baking powder
1/4 tsp. salt
3/4 c. milk
1 egg

Heat oven to 350°. Melt 1/3 cup butter in a 8 to 9-inch pan. In oven, add brown sugar and evenly coat the pan. Arrange peaches in an attractive pattern in pan. Sprinkle on spices and nuts. Beat all remaining ingredients at low speed for 30 seconds, then high speed for 3 minutes. Pour over peaches. Bake for 40 minutes or until knife comes out clean in the center. Invert cake on plate. Rearrange any peaches that stick to pan. Serve warm or cold.

MAYONNAISE CAKE

1 c. hot water
1 c. chopped dates
1/2 tsp. soda
3/4 c. mayonnaise
1 c. sugar
2 c. flour
1 c. chopped nuts
1/2 tsp. cinnamon
3 Tbsp. cocoa
1/2 tsp. salt
1 tsp. vanilla

Combine hot water with dates. Let stand for 5 minutes. Add soda to dates and stir. Cream mayonnaise and sugar; sift dry ingredients together and add alternately with dates and water to cream mixture. Fold in nuts and vanilla. Bake 25 minutes at 350°.

Emi Arata

INSIDE OUT CHOCOLATE CAKE

1 (4 1/2 oz.) pkg. instant chocolate pudding
1 pkg. chocolate cake mix
1 (12 oz.) pkg. chocolate chips
1 3/4 c. milk
2 eggs

Combine all ingredients, except chips and mix 2 minutes by hand. Mix in chips and pour into greased and floured Bundt

pan. Do not overbake. Cook 15 minutes. Cool 15 minutes. Remove from pan.

Lydia Ota

CHOCOLATE SHEATH CAKE

2 c. sugar
1 stick margarine
4 Tbsp. cocoa
1/2 tsp. salt
1/2 c. buttermilk
1 tsp. vanilla
1 c. nuts
2 c. flour
1/2 c. oil
1 c. water
2 eggs
1 tsp. soda
1 box powdered sugar

Mix sugar and flour. In saucepan, bring to boil margarine, oil, cocoa and water. Pour mix over flour and sugar mixture and mix well. Add buttermilk, eggs, salt, soda and vanilla and beat. Pour mixture into 11 x 16-inch jelly roll pan. Bake 20 minutes at 400°.

Topping:

1 stick margarine
4 Tbsp. cocoa
5 Tbsp. milk
1 box powdered sugar
1 c. nuts

Prepare and bring to boil: margarine, cocoa, milk, then add powdered sugar and nuts. Put on cake as soon as it is removed from oven.

Arleen Ota

CHA-CHA COFFEE CAKE

3 c. all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
pinch of salt
1 cube butter
1/2 c. Crisco
1 3/4 c. sugar
3 eggs
1 1/2 tsp. vanilla
1 lb. sour cream

Topping:

1/4 c. finely chopped nuts
1 tsp. cinnamon
2 tsp. sugar

Cream the butter, Crisco and sugar. Add eggs, sour cream and vanilla. Beat well. Gradually add the sifted flour, baking powder and soda. Place 1/2 of the mixture in a 9 x

13-inch pan and 1/2 of the topping sprinkle on the mixture. Repeat another layer. Bake 1 hour at 325°.

*Be sure all ingredients are at room temperature.

K. W.

NEW ORLEANS CARROT CAKE

1 1/2 c. sugar
1 1/2 c. Crisco oil
4 eggs
2 c. sifted flour
1 tsp. salt
1/2 c. chopped walnuts
3 tsp. cinnamon
1/2 tsp. nutmeg
2 tsp. baking soda
2 1/2 tsp. baking powder
3 c. grated carrots

Preheat oven to 325°. Grease well three 9-inch cake pans and flour them. Also bakes well in 9 x 12-inch pan. Beat sugar and oil until blended. Add eggs, one at a time, beating well after each addition. Sift dry ingredients into sugar-oil mixture. Add carrots and walnuts. Mix well. Pour batter into pans. Bake 45 minutes or until done. Cool and frost with cream cheese frosting.

Harumi Tanaka

GERMAN CHOCOLATE CHEESE CAKE

Crust:

1 German chocolate cake mix
1/3 c. butter, softened
1/2 c. coconut
1 egg

Topping:

1 (16 oz.) sour cream
1/4 c. sugar
1 Tbsp. vanilla

Filling:

2 (8 oz.) cream cheese, softened
2 eggs
3/4 c. sugar
2 tsp. vanilla

Mix crust ingredients on low speed until crumbly. Press lightly into 13 x 9 x 2-inch pan. Then, beat filling ingredients until light and fluffy. Pour over crust and bake at 350° for 20 to 25 minutes.

Topping: Mix topping while cake is baking. When cake

is done, spread topping on hot cake. Cool and refrigerate for 8 hours before serving.

Marie Mitsuda

CREAM CHEESE CAKE

1 box white cake mix
8 oz. cream cheese
2 c. milk
2 (3 3/4 oz.) boxes instant vanilla pudding
1 large (20 oz.) can crushed pineapple
2 large or 1 extra-large Cool Whip

Mix cake as per package directions. Bake on greased and floured cookie sheet with rims, about 20 minutes. When cool, beat together cream cheese, 1/2 cup milk and pudding, add remaining milk. Mix well and layer on top of cake. Layer on drained pineapple and gently spread on Cool Whip. If desired, garnish each piece of cake with Mandarin orange slices.

Lydia Ota

APPLESAUCE CAKE

3/4 c. raisins
1/2 c. boiling water
1/2 c. shortening
1 1/2 c. firmly packed brown sugar
1 tsp. salt
1/2 tsp. cinnamon
3/4 c. chopped walnuts
1/2 tsp. cloves
1/2 tsp. allspice
2 eggs, unbeaten
1 1/2 c. thick applesauce
2 1/2 c. sifted flour
2 tsp. soda

Combine raisins and boiling water; set aside. In mixing bowl, combine shortening, sugar, salt, spices and eggs; beat until creamy smooth and fluffy, scraping bowl often.

Blend in applesauce, then flour and walnuts. Stir soda into undrained raisins; add to batter and mix well. Pour into a greased and floured 13 x 9-inch baking pan. Bake at 350° for 40 to 45 minutes, or until cake tests done. When cool, frost with favorite icing.

ANGEL FOOD CAKE

1 c. sifted cake flour
1 c. egg whites (8 to 10)
1/4 tsp. salt
1 tsp. cream of tartar
1 1/4 c. sifted flour
3/4 tsp. vanilla
1/4 tsp. almond flavoring

Sift flour, measure and sift several times. Beat egg whites in a large bowl with flat wire whisk. When foamy, add cream of tartar and continue beating until eggs are stiff enough to hold up in peak, but not dry. Fold in sugar carefully, 2 to 3 tablespoons at a time, until all is used. Fold flavoring, then sift in small amount of flour over mixture, fold in carefully; continue until all is used. Turn batter into ungreased tube pan and bake in a slow oven for at least 1 hour. Begin at 275° and after 30 minutes, raise to 325° and bake for another 30 minutes. Remove from oven and invert pan for 1 hour or until thoroughly cool.

Yolks may be used to make the Golden Sponge Cake.

Mary Kato

YELLOW ANGEL CAKE

9 eggs
1 1/2 c. sugar
1 1/2 c. cake flour
1/2 tsp. salt
1 tsp. cream of tartar
1/2 c. cold water
1 tsp. orange extract
1 tsp. lemon extract

Separate eggs, beat whites still or until they stand up on points with salt and cream of tartar. Use mixer #7 speed. Add sugar gradually to mixture.

In another bowl, beat yolks with extracts until thick and lemon colored, using mixer #3 low speed, then add the flour which has been sifted once before measuring, to the yolk mixture while adding water to this. Combine the two mixtures by hand, folding lightly and slowly with a wire whip. Pour into tube pan and bake in 325° oven for 1 hour. Turn tube pan upside down and let cake cool for 1 hour before frosting with Phony Whipped Cream Frosting.

Phony Whipping Cream Frosting:

1 cube butter
1 c. sugar
1 c. milk
3 Tbsp. flour
1 tsp. vanilla

Cook flour and milk to thick paste. Cream butter and sugar until fluffy. When flour and milk are cold, add to

butter mixture. Mix well with rotary beater. (A small can crushed pineapple may be added for variety after it is beaten.)

Jean Lambert

BANANA SOUR CREAM COFFEE CAKE

1/2 c. shortening
1 c. sugar
2 eggs
1 c. mashed banana
1/2 tsp. vanilla
1/2 c. dairy sour cream
2 c. sifted flour
1 tsp. baking powder
1 tsp. baking soda
1/4 tsp. salt
1/2 c. chopped nuts
1/4 c. sugar
1/2 tsp. cinnamon

Cream shortening and 1 cup sugar until light and fluffy. Beat in eggs, banana and vanilla. Fold in sour cream. Sift together flour, baking powder, soda and salt. Gently fold into creamed mixture, stirring just to blend. Mix together nuts, 1/4 cup sugar and cinnamon. Sprinkle half of nut mixture into bottom of a well-greased 6 1/2-cup ring mold, tube or Bundt pan; spoon in half the batter. Sprinkle with remaining nuts; top with remaining batter. Bake at 350° for 45 minutes, or until cake tester comes out clean. Let stand in pan on rack for 5 minutes. Loosen around edges and turn out on plate. Serve warm or cold. Makes 1 coffee cake.

BLUEBERRY CRUNCH CAKE

1/2 c. all-purpose flour
1/4 c. firmly packed brown sugar
1/4 c. firm butter
1 pkg. pudding-type cake mix
5 eggs
1 (8 oz.) carton plain yogurt
2 c. fresh or frozen blueberries

In a small bowl, combine flour, sugar and butter and mix until it is crumbly and set aside. In a large bowl, combine cake mix, eggs and yogurt. Beat at medium speed for 3 minutes. Gently fold in blueberries. Pour into well greased 13 x 9 x 2-inch pan. Sprinkle top with butter, sugar and flour mixture. Bake in 350° oven for 35 to 40 minutes, or until cake springs back when touched lightly with finger. Cool about 10 minutes before serving.

CARROT-ZUCCHINI CAKE

3 c. all-purpose flour
2 c. sugar
1 1/2 c. chopped walnuts
1 1/2 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
2 (8 oz.) cans crushed pineapple
1 c. coarsely shredded carrot
1 c. shredded zucchini
1 c. salad oil
4 eggs
2 tsp. vanilla

Glaze:

1 c. powdered sugar
2 Tbsp. reserved pineapple juice

Mix flour, sugar, nuts, cinnamon, baking powder, baking soda and salt. Drain pineapple; reserve juice for glaze. Beat pineapple, carrot, zucchini, oil, eggs and vanilla; add to flour mixture, stirring until evenly moistened. Spoon batter into a well greased floured 10-inch or 12-cup plain or decorated tube pan. (I use 2 loaf pans.) Bake in a 350° oven until a wooden skewer inserted in center comes out clean, about 1 hour. Cool 15 minutes in pan. Loosen edges, invert from pan; let cool.

Glaze: Mix together powdered sugar and reserved pineapple juice until smoothly blended.

Mitzi Adachi

CHEESE CAKE SQUARES

1/3 c. butter or margarine, softened
1/3 c. firmly packed brown sugar
1 c. flour
1/2 c. finely chopped walnuts
1/4 c. sugar
1 large (8 oz.) cream cheese, softened
1 egg
1/2 tsp. vanilla
2 Tbsp. milk
1 Tbsp. lemon juice

In a large electric mixer, beat butter and brown sugar until creamy. With a fork, blend in flour until mixture resembles fine crumbs. Stir in walnuts. Reserve 1 cup crumb mixture for topping; then press remainder, firmly and evenly over bottom of a greased 8-inch square baking dish. Bake at 350° for 12 to 15 minutes, or until lightly browned.

Meanwhile, in a small mixer bowl, beat granulated sugar

and cream cheese until fluffy. Add eggs, vanilla, milk and lemon juice; beat until smooth. Pour cream cheese mixture over baked crust. Sprinkle evenly with remaining crumb mixture. Return to oven and bake about 20 minutes or until top is lightly browned. Let cool in pan on a rack, then cut into 2-inch squares. Makes 16.

Toyo Foundation

SWEET CHERRY SAUCED CAKE

1 (1 lb.) can pitted light or dark sweet cherries
1 egg
1/2 c. milk
1/2 c. sugar
1 1/2 tsp. baking powder
1/4 tsp. salt
1/4 c. shortening
1 c. sifted flour
1 tsp. vanilla
1/4 c. sugar
1/4 tsp. almond extract
whipped cream
toasted, slivered almonds

Drain cherries, reserving juice. Sift flour with 1/2 cup sugar, baking powder and salt. Add shortening, egg, milk and vanilla. Beat at low speed for 2 minutes. Pour into a greased 8-inch square baking pan.

Arrange drained cherries over cake batter and sprinkle with 1/4 cup sugar. Add enough water to reserved cherry juice to make 1 cup. Add almond extract and 1/4 teaspoon red food coloring, if light sweet cherries are used. Pour juice over cherries and batter. Bake at 325° for 50 minutes. Serve cake drizzled in its own sauce which collects at bottom of pan. Top with whipped cream and toasted almonds. Makes 9 servings.

LAYER CHERRY CAKE

Step I (Dough):

1 (3 oz.) pkg. cream cheese
1 (3 oz.) pkg. softened unsalted butter
1/2 c. sifted flour (all-purpose)
3/4 c. coconut, shredded
5 Tbsp. sugar
2 Tbsp. milk

Step II (Filling):

3/4 c. sugar
3 Tbsp. cornstarch
1/3 tsp. salt
1 to 2 drops red food coloring
3 (1 lb.) cans tart red cherries
3/4 c. liquid (from cherries)
2 Tbsp. unsalted butter

Step III (Top Layer):

1 1/2 c. sifted flour (all-purpose)
1/2 c. sugar
2 tsp. baking powder
1/3 tsp. salt
1/4 c. unsalted butter, softened
1 tsp. vanilla
3 eggs, separated
1/2 c. milk
1/4 c. sugar
powdered sugar (for top)

Preheat oven to 450°.

Step I: Sift flour; measure. Cream together softened cream cheese and butter until well blended. Add sifted flour to cheese mixture with coconut, sugar and milk (mixture will be stiff). Press dough evenly over bottom and sides of 9 x 12-inch baking pan. Bake for 7 to 10 minutes, until lightly browned. Remove from oven; allow to cool.

Step II: (This can be done while dough is baking.) Combine sugar, cornstarch, salt and measured cherry liquid in saucepan. Cook over medium heat until thickened and clear, stirring constantly. Add cherries, butter and food coloring. Set aside to cool.

Step III: Lower oven temperature to 350°. Sift flour with 1/2 cup sugar, baking powder and salt. Cream butter. Add vanilla and egg yolks, beating well. Blend in dry ingredients, alternately with milk. Beat egg whites until soft peaks form; gradually add the 1/4 cup sugar, beating until mixture appears glossy. Fold cake batter into the beaten egg white mixture. Spread cooled cherry filling evenly over the baked dough in the pan. Spread evenly cake batter over cherries. Place in moderate oven and bake 1 hour. Cool thoroughly before dusting with powdered sugar. Cut into 3 squares. Makes 1 dozen.

Mary Kato

CHOCOLATE UPSIDE CAKE

3/4 c. sugar
2 tsp. baking powder
2 sq. unsweetened chocolate
2 Tbsp. butter or margarine
1 tsp. pure vanilla extract
1 c. unsifted all-purpose flour
1/2 tsp. salt
1/2 c. milk

Topping:

1/2 c. sugar
1 Tbsp. unsweetened cocoa powder
3/4 c. boiling water
1/2 c. brown sugar, packed

Preheat oven to 350°. Grease and flour an 8 x 8-inch baking pan. Mix sugar, flour, baking powder and salt together. Melt chocolate with butter. Stir chocolate mixture with dry ingredients along with milk and vanilla. Beat until smooth. Spoon batter into pan.

Make topping. Combine sugar, brown sugar and cocoa; sprinkle evenly over batter. Pour boiling water over all. Bake about 40 minutes. Cool on rack. Turn out onto cake plate so cake makes its own chocolate syrup like topping. Serve warm or cold.

Lydia Ota

CHOCOLATE LOVELIGHT

(Two Egg Chiffon Cake)

1 3/4 c. sifted cake flour
1 c. sugar
3/4 tsp. baking soda
3/4 tsp. baking powder
3/4 tsp. salt
1 tsp. vanilla
1/3 c. salad oil
1 c. buttermilk
2 eggs, separated
2 melted chocolate squares

Measure cake flour, sugar, baking soda, baking powder and salt into sifter and sift into large mixing bowl. Beat egg white until frothy, gradually beat in 1/2 cup sugar, continue beating until very stiff and glossy and set aside.

Add the salad oil and 1/2 cup buttermilk to the flour mixture and beat for 1 minute at medium speed, scraping bowl constantly. Add the rest of buttermilk, egg yolks, chocolate and vanilla and beat 1 more minute, scraping constantly. Fold in beaten egg white very lightly until well blended. Pour into two 9-inch cake pans. Bake for 35 to 40 minutes in 350° oven. Cool on wire rack and frost with Eggnog Chocolate Frosting.

Eggnog Chocolate Frosting:

3 sq. Baker's chocolate
1 1/2 c. sifted powdered sugar
2 Tbsp. hot water
1 egg
4 Tbsp. softened butter or margarine
3/4 tsp. vanilla or 1/4 tsp. rum extract
chopped walnuts

Melt chocolate in double boiler. Remove from boiling water. Add powdered sugar and hot water. Blend. Add egg and beat well. Then add softened butter or margarine, a tablespoon at a time, beating thoroughly after each amount. Add vanilla or rum extract. Ready to frost the cake; work fast for it hardens real quick. Sprinkle chopped walnuts over all.

P. S. Mix with mixing spoon.

Mae Ogawa

CHOCOLATE ZUCCHINI CAKE

Cake:

2 c. biscuit mix
2 c. sugar
3 Tbsp. cocoa
4 eggs
3/4 c. oil
1 Tbsp. dark molasses
1 1/2 tsp. vanilla
2 c. shredded zucchini
1 c. chopped walnuts

Frosting:

1/4 c. butter
8 oz. cream cheese, softened
1 (1 lb.) box powdered sugar
1/2 tsp. vanilla
1/8 tsp. maple flavoring
dash of salt

Cake: Preheat oven to 350°. Grease two 8-inch round baking pans. Stir baking mix, sugar and cocoa together. In large mixing bowl, beat eggs. Slowly beat in oil, molasses and vanilla. Blend well, slowly beat in baking mixture. Beat at high speed 4 minutes, scraping bowl often. Add zucchini and walnuts. Pour into pans. Bake 40 to 50 minutes. Cool.

Frosting: In small bowl, blend butter and cream cheese together. Gradually beat in powdered sugar. Add flavorings. Blend well. Frost well cooled cake.

GINGER CAKES

1 3/4 c. all-purpose flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. ground ginger
1/2 c. butter or margarine, softened
1/2 c. firmly packed light brown sugar
1/2 c. molasses
1 large egg
1/2 c. sour cream

Preheat oven to 350°; oil and flour cookie sheets. On sheet of wax paper, sift flour and mix by stirring with the dry ingredients. In a large mixing bowl, beat together the softened butter and sugar until smooth and creamy; add molasses, egg and sour cream, one at a time, beating each time until batter is smooth. Stirring with a wooden spoon, add flour mixture gradually to creamed mixture until smooth. The mixture should be soft and fluffy. Drop level tablespoons of mixture on prepared cookie sheet, about 2-inches apart to give room for spreading. Bake about 10 minutes until bottom of cookie is nicely browned. Cool on wire racks. Makes 5 dozen.

Mary Kato

JELLO CREAM CAKE

1 1/2 cube butter or margarine
1/2 c. brown sugar
1 1/2 c. flour
1 1/2 c. chopped nuts

Filling:

1 small box lemon Jell-O
1 c. hot flour
3/4 c. sugar
1 (8 oz.) pkg. cream cheese
1 large carton Cool Whip

Cream butter and brown sugar. Add flour and nuts. Press dough into buttered 9 x 15-inch pan and bake for 15 minutes at 350°, or until the top is brown.

Filling: Dissolve Jell-O in hot water and let cool. Cream sugar and cream cheese. Add cheese mixture to Cool Whip, then add cooled Jell-O into mixture. Pour on top of cooled crust and chill until firm.

Topping:

2 small boxes or 1 (family-size) Jell-O
3 c. hot water

Dissolve Jell-O in hot water and let cool. Then pour on top of cream cheese mixture and chill until firm.

PEACH SCALLOP CAKE

1 (29 oz.) can cling peach slices
1 (1 lb. 3 oz.) pkg. orange-pineapple flavor gelatin
1 c. boiling water
1/4 c. sugar
dash of salt
1 c. heavy cream

Drain peach slices, reserving syrup. Cut up 1 cup peaches for filling. Prepare cake mix according to package directions, substituting peach syrup for water. Bake in 2 greased 9-inch layer cake pans. Cool slightly, remove from pans and cool completely.

Dissolve gelatin in boiling water; add sugar and salt and stir until dissolved. Cool until mixture mounds on a spoon. Whip cream and fold into gelatin; fold in cut peaches. Chill until thickened. Spread filling between layers and on top of spice cake. Garnish with remaining peach slices. Chill well. Makes 8 to 10 servings.

PEACH CUSTARD CAKE

1 1/2 c. all-purpose flour
1/2 tsp. salt
1/2 c. soft butter
1/2 c. sugar
1/2 tsp. cinnamon
1 lb. 14 oz. can sliced peaches (saving 1/2 c. syrup)
1 egg, slightly beaten
1 c. Pet evaporated milk

Put into 1 1/2-quart bowl: flour, salt and butter. Mix until mixture looks like coarse meal. Press mixture firmly on bottom and halfway up sides of buttered 8-inch pan.

Drain well the sliced peaches, saving 1/2 cup syrup. Arrange well drained peach slices on crust in pan. Sprinkle over peaches, a mixture of 1/2 cup sugar and cinnamon. Bake in 375° oven for 20 minutes.

Mix the 1/2 cup peach syrup, egg and evaporated milk. Pour over peaches. Bake 30 minutes more or until custard is firm, except in center. Center becomes firm on standing.

PUMPKIN CHIFFON CAKE

2 c. sifted cake flour
1 1/2 c. sugar
3 tsp. baking powder
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 c. salad oil
8 egg yolks
1/2 c. water
3/4 c. canned pumpkin or mashed cooked pumpkin
1/2 tsp. cream of tartar
1 c. (8) egg whites

Sift dry ingredients into mixing bowl; make well in center. Add in order: salad oil, egg yolks, water and pumpkin. Beat satin smooth. Add cream of tartar to egg whites; beat to very stiff peaks. Pour egg yolk batter in thin stream over entire surface of whites, gently folding to blend. Bake in ungreased 10-inch tube pan in slow 325° oven for 55 minutes; then increase heat to 350° and bake 10 minutes. Invert; remove when cool. Maybe served topped with whipped cream or serve plain with vanilla ice cream.

GOLDEN SPONGE CAKE

1 1/4 c. sifted cake flour
1 1/4 tsp. baking powder
1/4 tsp. salt
1 c. + 2 Tbsp. sugar
1 tsp. orange flavoring
1 tsp. lemon flavoring
9 egg yolks, beaten thick and lemon colored
6 Tbsp. cold water

Sift flour with baking powder and salt several times. Add sugar gradually to beaten egg yolks, beating with beater until light and thick. Fold in flour gradually, small amount at a time. Add flavoring with cold water gradually to egg mixture, mixing only until blended. Bake in ungreased tube pan in 325° oven for 1 hour. Invert pan until cold before removing from pan.

This is made with leftover yolks after making the Angel Food Cake.

Mary Kato

STRAWBERRY CAKE

1 (18 1/2 oz.) pkg. yellow or white cake mix
1 (3 oz.) pkg. strawberry gelatin
3/4 c. vegetable oil
4 eggs
1/2 pt. heavy cream, whipped
1 Tbsp. sugar
1 c. chopped nuts
2 Tbsp. flour
1 (10 oz.) pkg. frozen sliced sweetened strawberries, thawed or 1 pt. fresh sliced strawberries with 1/2 c. sugar

Preheat oven to 350° and grease a 10-inch angel food cake pan or 10-inch Bundt pan. Combine cake mix, strawberry gelatin, vegetable oil, nuts, eggs, flour and strawberries in large bowl. Beat with electric mixer at medium-high speed for 3 minutes or until well blended. Pour batter into pan and bake for 55 to 60 minutes, or until a cake tester poked in center comes out clean. Cool for 10 minutes on rack. Turn out of pan to cool completely. Serve plain or with sweetened whipped cream. Makes 10 to 12 servings.

Lydia Ota

FRIED WALNUT

4 c. walnuts
1/8 tsp. salt
1/2 c. sugar
salad oil

In large saucepan, over high heat, heat 6 cups water to boiling. Add walnuts and reheat to boiling. Cook 1 minute. Rinse under running hot water. Drain.

In large bowl, add sugar and toss walnuts. Meanwhile, in electric skillet, heat about 1-inch salad oil to 350°. With slotted spoon, add about 1/2 of walnuts to oil; fry 5 minutes or until golden, stirring often.

With slotted spoon, place walnuts in coarse sieve over bowl to drain; sprinkle with salt and toss lightly to keep walnuts from sticking together. Transfer to waxed paper or foil to cool. Fry remaining walnuts. Store in tightly covered container. Makes 4 cups.

Emi Arata

ANNA'S ALMOND BUTTER CRUNCH

1 c. unsalted chopped almonds
1 1/2 c. butter
2 c. sugar
1 pkg. chocolate chips
1 c. grated walnuts

Combine butter and sugar in heavy pan, set candy thermometer in pan and cook over low heat until sugar is dissolved, stirring constantly. Continue cooking until 260°, then add almonds and cook until 300°.

Pour into shallow butter pan. Let stand until cold. Remove block of candy from pan. Melt chocolate over hot water, then pour 1/2 of the chocolate over the candy block and sprinkle with 1/2 of the grated walnuts. When the chocolate is cold, turn the candy block over and pour remaining chocolate over it and remaining grated walnuts. When cold, break in pieces.

Lydia Ota

CREAMY WHITE FUDGE

3 c. sugar
2 Tbsp. butter or margarine
1 1/4 c. milk
1 1/2 tsp. vanilla
1 c. broken walnuts

In heavy 3-quart saucepan, combine sugar, butter and milk. Cook over medium heat, stirring constantly, to 234° on candy thermometer, or until a little in cold water forms a soft ball. Remove from heat. Let cool, without stirring to 110° or until pan feels lukewarm. Add vanilla.

With wooden spoon, beat mixture until it becomes creamy and just begins to hold its shape. Add walnuts and quickly turn into buttered pan and let stand at room temperature to cool completely. Wrap pan tightly with foil, let fudge stand overnight at room temperature. Keeps several weeks at room temperature, if tightly wrapped in foil.

Vanilla may be omitted and use rum, maple or peppermint extract. Use 1 teaspoon rum or maple and 3/4 teaspoon mint and thin with light green food coloring.

M. H.

PEANUT BUTTER CANDY

(Like Reese's Peanut Butter Cups)

1/2 lb. butter, melted
1/3 lb. graham crackers, crumbled (1 pkg.)
1 c. peanut butter (crunchy or smooth)
1 lb. powdered sugar (2 c.)
2 c. chocolate chips (12 oz.)

Combine crumbs, butter, peanut butter and sugar; work until smooth. Press into 9 x 13-inch buttered (well) pan. Melt chips over hot water. Spread melted chips over peanut butter mixture. Chill until firm, about 2 hours.

If you like, you can sprinkle chopped fine peanuts on top before chilling. I use dry roasted peanuts. Before cutting, it is best to get to room temperature and use a sturdy spatula to remove.

Elsie Kagehiro

OLD FASHIONED PENUCHE

3 c. light brown sugar, firmly packed
1 c. light cream
1 Tbsp. butter or margarine
1 1/2 tsp. vanilla
2/3 c. chopped pecans or walnuts

In heavy 3-quart saucepan, cook sugar and cream over low heat, stirring constantly with a wooden spoon until sugar dissolves and mixture comes to a boil. Cook, stirring occasionally, until candy thermometer registers 234° or a little in cold water forms a soft ball. Remove from heat and add butter. Set aside, without stirring, to cool to lukewarm, 110°.

Add vanilla, beat until thick and creamy. Stir in nuts. Quickly turn into buttered pan and cool completely. Wrap pan with foil and let stand overnight at room temperature. Will keep for several weeks in refrigerator, tightly wrapped. May also be stored in freezer.

M. H.

MRS. FIELDS' SECRET COOKIES

(Oatmeal Raisin or Chocolate Chip)

1 1/2 c. sugar
2 c. brown sugar
1 lb. butter
2 Tbsp. vanilla
6 c. flour
1 1/2 tsp. salt
6 c. chocolate chips or 3 c. raisins and 1 1/2 c. oatmeal
1 1/2 tsp. soda
2 c. chopped nuts

Cream sugars and butter and mix 2 minutes. Add eggs and vanilla. Mix well. Add flour, salt and soda; beat for 5 minutes. Mix in nuts and chips or raisins and oatmeal. This is very heavy batter, so you may want to mix for 1 or 2 minutes and shut off mixer, wait a few minutes and continue beating. Bake on ungreased cookie sheet for 7 to 15 minutes, depending on how soft or crisp you like your cookies in 350° oven.

Kimi Horita

MRS. FIELDS' COOKIE RECIPE

1 lb. softened butter
2 c. dark brown sugar
1 1/2 c. granulated sugar
2 Tbsp. vanilla
3 large eggs, slightly beaten
6 c. flour
1 1/2 tsp. salt
1 1/2 tsp. baking soda
4 c. semi-sweet or milk chocolate chips
4 c. semi-sweet (or milk) chocolate chips
2 c. chopped nuts (optional)

Cream together the butter and sugar. Add vanilla and eggs. Beat for 4 minutes. In a separate bowl, mix flour, salt and baking soda. Add to butter and egg mixture. Add chocolate chips and nuts. Mix (with your hands for maximum decadence) until well combined.

Preheat oven to 350°. Drop batter into well spaced piles, using a small ice cream scoop onto a prepared baking pan. Bake for 10 minutes, until cookies are light brown. Let cool on wire rack or waxed paper. Cookies should be soft and gooey. Recipe makes quite a few cookies, but please eat no more than 24 at a time.

KOURABIEDES

2 c. (1 lb.) sweet butter (do not use salted butter)
1/2 c. confectioners sugar
2 egg yolks, lightly beaten
2/3 blanched almonds, finely chopped
1 1/2 oz. brandy
1/3 c. orange juice
1 tsp. baking powder
4 1/2 to 5 c. flour, sifted
confectioners sugar (for topping)

Cream butter until very light, beating for about 15 minutes. Beat in sugar, egg yolks, almonds, brandy and orange juice. Sift flour with baking powder and carefully blend into butter mixture. Shape into small crescents and place on baking sheets. Bake in a 400° oven for 20 minutes.

Sift confectioners sugar onto a large sheet of waxed paper. Upon removing cookies from the oven, carefully place on sugar and sift additional over top and sides. Cool thoroughly before storing. Yield: 10 dozen small crescents.

HAWAIIAN SHORTBREAD COOKIES

1 c. (1/2 lb.) butter
1/4 c. sugar
1 tsp. vanilla
2 c. all-purpose flour
1/4 tsp. salt
2 c. coconut flakes
1 c. powdered sugar

Cream butter with sugar until fluffy. Mix in vanilla. Sift flour with salt and add to creamed mixture. Stir in coconut and knead. Shape dough into 1/2-inch thick roll and wrap in plastic film. Refrigerate several hours (overnight is best). Slice into 1/4-inch and place on greased cookie sheet. Bake in slow oven at 300° for 20 minutes. Sift powdered sugar onto waxed paper and transfer cookies onto the sugar. Sift additional sugar lightly on top. Yield: 3 1/2 dozen.

WALNUT-CREAM CHEESE COOKIES

2 (3 oz.) pkg. cream cheese
2/3 c. soft butter
2 egg yolks
2 tsp. vanilla
1 (18 oz.) pkg. devil's food (or yellow) cake mix
2 c. chopped walnuts

Cream together cheese, butter, egg yolks and vanilla. Gradually blend in cake mix. Stir in walnuts. Chill dough for several hours for easier handling. Using slightly rounded

tablespoon, shape into small balls and place on ungreased baking sheets. Bake at 350° for about 12 to 15 minutes. Let stand a minute on baking sheet, then remove to wire rack to cool. Makes about 2 dozen.

Marie Mitsuda

QUEEN'S COOKIES

1 1/2 c. all-purpose flour
2/3 c. sugar
3/4 tsp. baking powder
6 Tbsp. butter (3/4 stick), melted
1 egg, beaten to blend
1 1/2 tsp. vanilla
3/4 c. sesame seed

Preheat oven to 350°. Combine flour, sugar and baking powder in medium bowl. Blend in butter, egg and vanilla with wooden spoon. Press dough together with hands. Roll about 1/2 cup dough into 3/4-inch thick rope. Cut into 1 1/2-inch lengths. Roll in sesame seed to coat completely. Arrange cookies on ungreased baking sheets, spacing 1/2-inch apart. Repeat with remaining dough. Bake until cookies are light golden, about 18 minutes. Cool completely on rack. Store cookies in airtight container. Makes about 4 1/2 dozen.

Variation: Add 2 teaspoons grated orange peel or 3/4 teaspoon anise seed to dough.

Fumiko Asano

APRICOT SHORTBREAD BARS

2/3 c. dried apricots, coarsely chopped
2/3 c. water
shortbread
1/3 c. all-purpose flour
1/4 tsp. baking powder
1/4 tsp. salt
1 c. brown sugar, packed
2 eggs
1 tsp. vanilla
1 tsp. grated lemon peel
3/4 c. walnuts, medium chopped
powdered sugar

In small saucepan, cook apricots and water over medium heat for about 10 minutes. Drain; set aside to cool.

Prepare shortbread. Combine 1 cup all-purpose flour, 1/4 cup granulated sugar, 1/4 teaspoon each salt and baking powder. Cut in 1/2 cup butter or margarine as for pastry. Turn into greased 8-inch square baking pan and press in even layer over bottom. Bake at 350° about 20 minutes, or until edges brown very lightly.

While baking shortbread, sift together flour, baking powder and salt. Add brown sugar, eggs, vanilla and lemon peel; beat until well blended. Fold in apricots and walnuts. Turn into pan over hot shortbread. Return to oven and bake at 350° for 30 to 35 minutes longer. Cool in pan. Sprinkle with powdered sugar and cut into bars.

Marie Mitsuda

DANISH PASTRY APPLE BARS

2 1/2 c. sifted all-purpose flour
1 tsp. salt
1 c. shortening
1 c. cornflakes
8 to 10 tart apples, pared and sliced
3/4 to 1 c. sugar
1 to 2 tsp. cinnamon
1 egg white
1 egg
milk

Combine flour and salt; cut in shortening. Beat egg yolk in measuring cup. Add enough milk to make 2/3 cup liquid. Mix well. Stir into flour mixture. On floured surface, roll half of dough into a 17 x 12-inch rectangle. Fit into and up sides of 15 x 10 x 1-inch pan. Sprinkle with cornflakes; top with apples.

Combine sugar and cinnamon; sprinkle on top. Roll remaining dough to place over apples. Seal edges. Cut slits on top. Beat egg white until frothy. Brush on top of crust. Bake at 375° for 50 minutes.

Combine 1 cup sifted powdered sugar and 4 teaspoons milk. Drizzle on warm cookies. Cut into squares.

Sachi Itaya

GINGERSNAPS

6 Tbsp. butter
1/2 c. sugar
1/2 c. brown sugar
1 egg
1/2 tsp. vanilla
1/4 c. molasses
2 c. flour
1 tsp. baking soda
1/4 tsp. ground ginger
1/2 tsp. cinnamon
1/4 tsp. ground cloves

Cream butter, sugar and brown sugar. Add egg, vanilla and molasses and blend well. Mix together flour, baking soda and spices. Add to creamed mixture and blend well. Refrigerate dough for 1 hour. Shape into balls, about 4-inch in

diameter. Place ball on greased cookie sheet, leaving 1-inch apart. Bake in oven preheated at 325° for 12 to 15 minutes. Let cool on cookie sheet and then transfer to wire rack and cool. Makes about 4 1/2 dozen.

PERSIMMON BARS

1 c. persimmon puree
1 tsp. baking soda
1 egg
1 c. sugar
1/2 c. salad oil
1 (8 oz.) pkg. pitted dates (about 1 1/2 c.), finely snipped
1 3/4 c. flour
1 tsp. salt
1 tsp. ground cinnamon
1 tsp. nutmeg
1/4 tsp. cloves
1 c. chopped walnuts
Lemon Glaze

Prepare persimmon puree; measure out 1 cup and stir in baking soda. Set aside.

In a large bowl, lightly beat egg; then stir in sugar, oil and dates. In another bowl, stir in flour, salt, cinnamon, nutmeg and cloves. Add to date mixture alternately with persimmon mixture, stirring just until blended. Stir in walnuts. Spread batter evenly in a lightly greased, flour dusted 10 x 15-inch rimmed baking pan. Bake in a 350° oven for 25 minutes or until top is lightly browned and a pick inserted in center comes out clean. Let cool in pan on rack for 5 minutes. Prepare Lemon Glaze and spread over cookies. Let cool completely, then cut in 2 x 2 1/2-inch bars. Makes 2 1/2 dozen.

Persimmon Puree: For each cup puree, stir in 1 1/2 teaspoons lemon juice. To store, freeze in 1 cup batches in rigid container.

Lemon Glaze: In a small bowl, stir together 1 cup powdered sugar and 2 tablespoons lemon juice until smooth.

Toyo Foundation

PINEAPPLE COCONUT BARS

1/2 c. (1/4 lb.) butter or margarine, softened
1 c. firmly packed brown sugar
2 eggs
1/4 tsp. almond extract
3/4 c. all-purpose flour
3/4 tsp. baking powder
1/2 tsp. salt
3/4 c. flaked coconut
1 (8 oz.) can crushed pineapple (packed in its own juice), drain well

In large bowl of an electric mixer, beat butter and sugar until creamy; beat in eggs and almond extract. In another bowl, stir together flour, baking powder and salt; gradually add to butter mixture, blending thoroughly. Stir in coconut and pineapple. Spread mixture evenly in a greased and flour dusted 9-inch square baking pan. Bake in 350° oven for 25 to 30 minutes, or until top springs back when lightly touched. Let cool in pan on a rack, then cut 1 x 2 1/2-inch bars. Makes 3 dozen.

Toyo Foundation

LEMON BARS

1 c. (1/2 lb.) butter or margarine, softened
1/2 c. powdered sugar
2 1/3 c. flour
4 eggs
2 c. sugar
1 tsp. grated lemon peel
6 Tbsp. lemon juice
1 tsp. baking powder
powdered sugar

In large bowl, beat butter and 1/2 cup powdered sugar until creamy. Beat in 2 cups flour, blending thoroughly. Spread in 9 x 13-inch well greased baking pan. Bake at 350° for 20 minutes.

Meanwhile, beat eggs until light. Gradually add sugar, beating until mixture is thick and lemon colored. Add lemon peel, lemon juice, remaining 1/3 cup flour and baking powder. Beat until smooth and well combined. Pour lemon mixture over baked crust and return to oven. Bake 15 to 20 minutes (until pale golden). Place on rack and cool while still warm . Sift powdered sugar lightly over top. Cut into 2 1/4 x 2 1/2-inch. Makes about 20.

Toyo Foundation

LEMON SQUARES

1 c. all-purpose flour
1/2 c. margarine or butter, softened
1/4 c. powdered sugar
2 eggs
1 c. sugar
1/2 tsp. baking powder
1/4 tsp. salt
2 tsp. grated lemon peel
2 Tbsp. lemon juice
powdered sugar

Heat oven to 350°. Mix flour, margarine and 1/4 cup

powdered sugar thoroughly. Press evenly in ungreased 8 x 8 1/2-inch square pan, building up 1/2-inch edges. Bake 20 minutes.

Beat remaining ingredients, except powdered sugar, until light and fluffy, about 3 minutes. Pour over hot crust. Bake just until no indentation remains when touched in center, about 25 minutes longer. Cool. Sprinkle with powdered sugar. Cut into about 1 1/2-inch square. Makes 25 squares.

Toyo Foundation

PUMPKIN CHEESE CAKE BARS

Crust:

1 (16 oz.) golden pound cake mix (Betty Crocker)
1 egg
2 tsp. pumpkin pie spice
2 Tbsp. melted margarine

Topping:

2 tsp. pumpkin pie spice
1 (14 oz.) can Eagle Brand milk
1 (16 oz.) can pumpkin (2 c.)
1/2 tsp. salt
2 eggs
1 (8 oz.) Philadelphia cream cheese, softened
1 c. chopped walnuts

Mix the crust ingredients until crumbly. Press into bottom of 15 x 10 x 1-inch jelly roll pan.

Preheat oven to 350°. Beat cream cheese until fluffy. Beat in Eagle Brand milk, 2 eggs, 2 cups pumpkin, 2 teaspoons pumpkin pie spice and 1/2 teaspoon salt. Pour over crust. Sprinkle with walnuts. Bake 30 to 35 minutes. Cool. Chill. Cut into bars or squares. Keep covered in refrigerator.

Kate Hisaka

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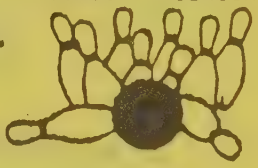

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Desserts

Substitutions

1 c. whole milk	½ c. evaporated milk and ½ c. water ½ c. condensed milk and ½ c. water (reduce sugar in recipe) 4 T. powdered milk and 1 c. water. 4 T. nonfat dry milk plus 2 t. shortening and 1 c. water
1 c. sour milk	1 c. sweet milk and 1 T lemon juice or vinegar 1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or 1 ¾ t. cream of tartar
1 c. sweet milk	1 c. sour milk or buttermilk plus ½ t. baking soda
1 c. sour, heavy cream (for sour milk recipe)	⅓ c. butter and ⅔ c. milk
1 c. sour, thin cream (for sour milk recipe)	3 T. butter and ¾ c. milk
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe ¼ c. ⅔ c. chicken fat (clarified), increase liquid in recipe ¼ c.) 7/8 c. cottonseed, corn, nut oil (solid or liquid) 7/8 c. lard and salt ½ c. suet and salt (increase liquid in recipe ¼ c.)
1 1-oz. square unsweetened chocolate	3 T cocoa plus ½ T. shortening
1 T. cornstarch (for thickening)	2 T. flour (approx.)
1 T. flour (for thickening)	½ to ⅔ T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks
1 c. sifted cake flour	1 c. minus 2 T. sifted all-purpose flour
1 c. sifted all-purpose flour	1 c. plus 2 T. sifted cake flour
1 whole egg	2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 eggs yolks (in custards, etc.)
1 c. canned tomatoes	1 ⅓ c. cut-up fresh tomatoes, simmered 10 min.
1 c. molasses	1 c. honey
1 c. honey	¾ c. sugar plus ¼ c. liquid
1 c. granulated sugar	1 ⅓ c. brown sugar or 1 ½ c. powdered sugar
1 t. baking powder	¼ t. baking soda plus ½ t. cream of tartar

1 lb. cornmeal	3 cups
1 lb. cornstarch	3 cups
1 lemon rind	1 Tbsp. grated
3-4 med. oranges	1 cup
1 orange rind	2 Tbsp. grated
23 soda crackers	1 cup crumbs
15 graham crackers	1 cup crumbs

Sizes of Cans

No. 1 can	1 ½ cupfuls used for baked beans, meats, soups, fruits, vegetables.
No. 1 (tall)	2 cupfuls
No. 2 can	2 ½ cupfuls used for beans, peas and corn.
No. 2 ½ can	3 ½ cupfuls used for tomatoes, spinach, beets and pumpkin.
No. 3 can	4 cupfuls
No. 10 can	1 gallon used for both fruits and vegetables.
No. 5 can	7 cupfuls (almost ½ gallon) used for fruit juice.

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DESSERTS

ANGEL AMBROSIA

1 can fruit cocktail, drained
1 can pineapple tidbits, drained
1 can Mandarin oranges, drained
1 c. miniature marshmallows
1/2 c. angel cut coconut
1/2 pt. sour cream

Combine drained fruit with marshmallows, coconut and sour cream. Chill overnight or at least 8 hours before serving. Garnish with maraschino cherries and mint leaves.

Mary Kato

APPLE DESSERT

8 or 10 apples, sliced
1 c. sugar
1 tsp. cinnamon
salt
2 3/4 c. flour
2 Tbsp. sugar
1 c. shortening (1/2 butter)
2 eggs, separated
milk
1 c. cornflakes

Mix apples, 1 cup sugar, cinnamon and 1/8 teaspoon salt; let stand. Mix flour, remaining sugar, 1/2 teaspoon salt and shortening as for pastry. Add egg yolk and enough milk to equal 2/3 cup liquid. Divide dough; roll to fit bottom and sides of 15 x 10 1/2-inch cookie sheet.

Crumble cornflakes over bottom crust. Add apple mix; add top crust and flute edges. Beat egg whites until frothy; spread over top crust. Bake at 400° for 25 to 30 minutes. Drizzle on thin icing, if desired. Yield: 28 servings. Peaches may be substituted for apples.

Emi Arata

BANANA MOLD

2 pkg. strawberry flavored gelatin
1 envelope (1 tsp.) unflavored gelatin
4 bananas
1 large (46 oz.) empty juice can

Make strawberry gelatin according to package directions. Soften unflavored gelatin in 1 cup water. Add to strawberry gelatin. Pour into empty juice can. Cool until slightly set.

Slice 3 bananas in half lengthwise. Insert a whole banana into center of can. Insert banana halves into gelatin around whole banana to form flower pattern. Set until firm.

Just before serving, invert can on a plate; remove the bottom of can. Turn can on its side and gently slide gelatin onto the serving plate. To serve, cut into 1-inch thick slices. Top with your favorite dressing.

Grace Shiba

CHOCOLATE YUMMY

Crust:

1 c. flour
1 stick margarine, melted
1 c. pecans, finely chopped

Filling:

1 c. Cool Whip
1 c. confectioners sugar
1 (8 oz.) pkg. cream cheese
1 (3 oz.) pkg. chocolate instant pudding
1 (3 oz.) pkg. vanilla instant pudding
3 c. milk
3 c. Cool Whip
1 Hershey bar (frozen), grated

Crust: Mix all ingredients well. Spread crust in a 9 1/2 x 13 1/2-inch baking dish. Bake at 350° for 20 minutes. Cool.

Filling: Mix Cool Whip, sugar and cream cheese. Spread over cooled crust. Mix puddings with milk. Let set for a few minutes to thicken. Pour over cream cheese layer and top with Cool Whip. Sprinkle with Hershey. Serves 10.

Holly Fukano

CHOCOLATE ROLL

2/3 c. sifted cake flour
1/2 tsp. baking powder
1/4 tsp. salt
2 (1 oz.) sq. unsweetened chocolate
4 eggs
2/3 c. sugar
1 tsp. vanilla
2 Tbsp. sugar
1/4 tsp. baking soda
3 Tbsp. cold water

Preheat oven to moderate 375°. Grease a 15 x 10 x 1-inch jelly roll pan; line bottom with wax paper and grease paper. Sift flour, baking powder and salt onto piece of wax

paper. Melt chocolate in top of double boiler over hot, not boiling water. Beat eggs in medium-sized bowl until thick and creamy. Gradually add the 2/3 cup sugar, beating constantly until thick. Fold in flour mixture and vanilla. Stir the 2 tablespoons sugar, baking soda and cold water into chocolate until thickened; fold into batter. Spread batter in prepared pan. Bake for 15 to 20 minutes, or until top springs back when lightly touched with fingertip. Loosen cake around edges with a knife. Invert pan onto clean towel dusted with powdered sugar. Peel off wax paper. Starting at short end, roll up cake and towel together. Place seam side down on wire rack; cool completely. When cake is cool, unroll carefully. Spread evenly with cream filling. Reroll. Place seam side down on serving plate. You could frost with Chocolate Fudge Frosting or leave it plain. Refrigerate until ready to serve.

Emi Arata

CHRISTMAS TREE

3 Tbsp. butter
1/2 c. light corn syrup
1/2 tsp. green food coloring
3 Tbsp. sugar
3 1/2 c. cornflakes
colored candies
chocolate candy bar

Combine butter, corn syrup, food coloring and sugar in medium-size saucepan. Cook over medium heat, stirring constantly, until sugar dissolves and mixture boils. Boil 5 minutes, stirring constantly. Remove from heat; add cornflakes. Stir until well coated.

Place all of cornflake mixture on waxed paper or buttered baking sheet. With well buttered fingers, shape to resemble a Christmas tree. Decorate with colored candies. Let stand until cool. Use as an edible table decoration, placing chocolate candy bar at base of tree to resemble trunk.

To serve, let guest break off desired portion. Makes 1 Christmas tree.

Anonymous

STRAWBERRY CHOCOLATE MOSAIC

8 oz. semi-sweet chocolate
1/4 c. dark rum
8 oz. butter, softened
2 pt. basket strawberries
2 eggs, separated
1 c. chopped walnuts
6 oz. shortbread type cookies
sweetened whipped cream

Combine chocolate and rum on top of double boiler. Stir until melted. Cool to room temperature. In large bowl, cream butter and sugar. Beat in egg yolks, one at a time. Stir in walnuts and add chocolate mixture. Blend thoroughly.

Using a rubber spatula, fold in stiffly beaten egg whites. Cut or break cookies into 1/2-inch squares and gently fold into chocolate mixture until equally distributed. Spoon half of mixture into lightly oiled 8 1/2 x 4 1/2-inch loaf pan, smooth top. Rinse, stem and pat dry 1/2 basket of berries and press into pan of mixture, evenly spaced. Add remaining mixture and smooth top, tapping pan to remove air space. Chill at least 4 hours.

To remove loaf pan, run around sides with thin blade knife, dipped in hot water. Dip pan in hot water, unmold onto platter. Pipe whipped cream with pastry tube. To cover the loaf, garnish with berries. Cut loaf in 1/2-inch slices and serve with remaining berries.

Mary Kato

CREME CARAMEL (FLAN)

1 c. sugar
2 1/2 c. milk
1 Tbsp. vanilla
3 whole eggs
3 egg yolks

Preheat oven to 350°. Set a 1-quart souffle dish in hot water. Melt 1/2 cup sugar in a pan on low heat until caramelized. Pour this immediately into warm dish, tipping the dish to cover the surface. Scald milk; combine the remaining sugar, eggs and egg yolks with a wire whisk. Then add milk and vanilla. Pour into mold. Place mold in a roasting pan of hot water half the depth of the mold. Place in preheated oven for 60 minutes. Texture should be like a custard. Refrigerate

until ice cold. Run spatula around the edges before removing from mold.

Mari Hayashi

FINGER JELLO

2 envelopes Knox unflavored gelatine
3 (3 oz.) pkg. flavored gelatin
3 c. boiling water
1 c. (1/2 pt.) heavy cream

In large bowl, combine Knox gelatine with flavoring gelatin. Add boiling water and stir well until gelatin is completely dissolved. Stir in cream. Pour into shallow 9 x 9-inch baking pan, sprayed with Pam. Chill until firm. Cut into 1-inch squares.

Nobie Mitsuda

LEMON SUPREME

3 (3 oz.) boxes lemon Jell-O
1 (16 oz.) can crushed pineapple
4 bananas
1 pkg. miniature marshmallows

Topping:

1/2 c. pineapple juice
1/2 c. sugar
1 egg, well beaten
2 Tbsp. flour
1/2 pt. cream, whipped
1/4 c. chopped nuts

Make Jell-O according to package. Strain and save the juice of pineapple. Add the Jell-O to the crushed pineapple and then pour into a 13 x 9-inch dish. Slice 4 bananas into the Jell-O mixture evenly, then put 1 package of the marshmallows over the bananas. Refrigerate until firm, then add topping.

Topping: Mix pineapple juice, sugar, egg and flour. Cook until thick. When cool, fold in whipped cream. Spread over Jell-O mixture. Sprinkle nuts over the top. Refrigerate until ready to serve.

Yoneko Ryuto

OZARK DELIGHT

1/2 c. flour
2 tsp. baking powder
1/2 tsp. salt
2 eggs, beaten well
1 c. brown sugar
2 tsp. vanilla
1 c. finely chopped walnuts
1 c. finely chopped apples

Sift flour; add baking powder and salt to flour and resift. Add the 2 eggs and brown sugar, which have been creamed together. Add vanilla, walnuts and apples. Put in greased 10-inch pie plate and bake at 350° for 40 minutes. Cool in pan. Cut in wedges and serve with whipped cream topping.

Dorothy Egi

PAVLOVA

4 egg whites (room temperature)
1 c. granulated sugar
1 Tbsp. cornstarch
1 tsp. vanilla
2 tsp. white vinegar
1 c. heavy cream, whipped
fruit (banana, pineapple pieces, peaches, strawberries, kiwi)*

*Use any of the fruit. If using canned or juicy fruit, be sure to drain thoroughly.

Butter and lightly flour a loose-bottomed 8-inch cake pan. Preheat oven to 275°. Beat egg whites until stiff. Add sugar gradually and continue to beat until mixture is stiff. Fold in cornstarch. Add vanilla and vinegar. Fill prepared pan with meringue mixture, spreading it higher around the edges than in the center of the pan, to form a depression. Bake for 1 to 1 1/2 hours or until meringue is firm and lightly browned. Cool slightly, unmold, slide onto a serving plate and cool completely.

Lightly whip cream. Spread Pavlova with half of whipped cream. Gradually arrange fruit on top. Spread on remainder of cream. Serve immediately.

Dorothy Egi

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Helpful Cooking Hints

Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, bouillon or wine - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add ¼ cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt that which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon jello dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jelled fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

A pair of scissors (not the fowl kind - they are heavy and awkward to handle) fine for slivering celery, onion, meats, and cheese.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc. Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tarter, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Learn where your fuse box and master cut-off switch is. If you know where the lever is to pull you can always cut the current off until a service man can come.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery and lobster black bean or onion with cauliflower - tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily when cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by adding a small amount of hot mixture to the beaten eggs slowly to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb it.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

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APRICOT BRANDY

1 qt. vodka
1 lb. dried apricots
1 lb. rock candy

Combine in bottle the ingredients. Turn upside down everyday during the process. Brew for 3 weeks. When ready, drain off apricots.

Iva Yoshimura

AVOCADO AND LIME SODAS

2 California avocados
1 Tbsp. lime juice
1/4 c. sugar
1 pt. vanilla ice cream
4 (7 oz.) bottles lemon-lime carbonated beverage
lime slices
fresh mint sprigs

Peel and pit avocados. Puree with lime juice and sugar; chill thoroughly. At serving time, pour avocado puree into 6 tall glasses. Vigorously, stir in carbonated beverage. Top each soda with a scoop of ice cream. Garnish with lime slices and fresh mint. Makes 6 servings.

CRANBERRY CHRISTMAS CHEER

1/2 c. sugar
1 c. boiling water
2 (1 pt.) bottles cranberry juice
2 c. orange juice
1/2 c. lemon juice
1 qt. chilled ginger ale

Add sugar to water and stir until dissolved. Add fruit juices. Chill!!!

Add ice and ginger ale just before serving. The recipe is for "Minors". Adults may add pink champagne or a sherry liqueur.

HOT SPICY CIDER

2 tsp. whole allspice
4 (2-inch) sticks cinnamon
24 whole cloves
1 gal. apple cider
1 1/3 c. brown sugar

Tie allspice, cinnamon and cloves in a thin cheesecloth bag. Heat cider and brown sugar with spices. Simmer low for 10 minutes or until spicy. Serve piping hot with a dash of nutmeg. Makes 14 cups.

MERRY CHRISTMAS PUNCH

4 c. water
6 tea bags
1 (46 oz.) can very berry blended fruit punch, chilled
1 (28 oz.) bottle carbonated collins mixer, chilled
ice cubes or ice ring
1 (18 oz.) can unsweetened pineapple

In medium saucepan, bring water to a full rolling boil. Remove from heat and add tea bags. Cover and let stand 5 minutes. Remove tea bags; cool tea to room temperature.

In large punch bowl, combine tea, punch and pineapple juice. Slowly stir in collins mixer. Add ice cubes or ring. Serve in champagne glasses. Makes 4 quarts or 22 (6 ounce) servings.

Anonymous

KAHLUA

2 oz. Kava instant coffee
3 1/2 c. sugar
1 1/2 c. water
5 tsp. vanilla extract
fifth vodka

Boil coffee, sugar, water and vanilla extract until sugar is dissolved. Skim foam and let cool. Divide syrup into 2 fifth size bottles equally. Add vodka to each bottle and shake thoroughly to blend. Add to age 6 weeks.

T. Suzuki

WASSAIL

3 oranges
2 qt. cold water
1 tsp. mace (optional)
1 box stick cinnamon
3/4 c. brown sugar
1 gal. apple cider
3 lemons
1/2 Tbsp. whole allspice
2 Tbsp. whole cloves
3/4 c. white sugar
fruit juices

Squeeze oranges and lemons and set aside. Put half of the rinds in the 2 quarts cold water. Add the various spices and simmer for 2 hours. Strain and add the sugars, fruit

juices and apple cider. Makes 5 quarts. Store in refrigerator and heat before serving.

Note: Bourbon or rum may be added.

Arleen Ota

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Recipes From Asian Countries

ABOUT JAPANESE FOOD

To appreciate and understand a nation's foods, one must know the nature of the country itself and the characteristics of its people. Japan is made up of a group of small volcanic islands and the Japanese have long been dominated by its beautiful mountains, little arable land, and large population.

Thus, to the art of cooking, the Japanese bring a wealth of fish and shellfish from the seas along their long coastline. An endless bounty of vegetables and fruits is seemingly conjured up from small plots of intensively cultivated land. Their concern for texture and appearance reflects an artistic quality and resourcefulness in their lives. A consummate patience enables them to seek out unusual ingredients and to prepare and arrange them in ways pleasing to both eye and palate. Choice of utensils to harmonize with the food served in them and garnishes are given equal thought.

Careful attention to flavors and seasonings permits the Japanese to make the best possible use of limited resources. Meat, though short in quantity, must be long in quality. Vegetables and fruits must be picked at the precise moment of maturity and then sliced, peeled, or diced in a manner certain to bring out the utmost in flavor. And seafood must be literally snatched from waters adjacent to home or restaurant moments before preparation and serving.

It is this heritage of Japanese cooking that is embodied in this collection of recipes. Besides bringing enjoyment and variety to our meals, Japanese cooking also seems to be in keeping with today's life style. It underscores the need to be at one with nature, utilizing the earth's resources wisely, emphasizing the use of natural flavors and vitamins through quick cooking.

It is hoped that friends and family alike will find inspiration, encouragement, and help in preparing new and remembered dishes. Besides Japanese foods, some Chinese and a few Polynesian favorites have been included. Not only do these foods appeal to the Japanese taste, but many key ingredients are used interchangeably, and the results join forces very well with other "oriental" fare.

BEER OKOKO

1 can beer
1 c. brown sugar, packed
4 tsp. salt
2 Tbsp. ajinomoto
2 c. oatmeal (quick Quaker oats)
konbu (2 x 4-inch)

Use: Long Japanese cucumbers, pickling cucumbers and 1 small eggplant (finger size).

Meri Umino

CHINESE CABBAGE TSUKEMONO

1 medium cabbage
salt
1/4 c. raisins or 1 Tbsp. sugar
lemon juice
sugar
ajinomoto

Separate leaves of cabbage, wash and lightly salt both sides of each leaf. Crisscross 1 leaf on top of the other in large bowl or crock, sprinkling with raisins until all the leaves are used. Place plate on top to which weight has been added (pitcher of water may be used). Let stand overnight. Refrigerate.

To serve, cut cabbage into thin slices and discard. To serve, discard raisins, cut cabbage into thin slices and squeeze out excess liquid. Cut only as much as needed at one time.

Footnote: For 1 cup cabbage, flavor with mixture of 2 teaspoons lemon juice, 1 teaspoons sugar and 1/8 teaspoon ajinomoto.

QUICK CUCUMBER TSUKEMONO

1 cucumber
1 Tbsp. salt
1 Tbsp. lemon juice
1 c. water
1/2 tsp. m.s.g.

Peel cucumber in alternate strips; halve lengthwise and remove seeds if very large. Slice 1/2-inch thick and put in bowl. Combine remaining ingredients in saucepan. Bring to a boil; cool and pour over cucumber. Leave in brine for few hours or overnight in refrigerator. To serve, drain off brine. Serve with or without soy sauce.

Note: Brine can be used for other vegetables, such as radishes, turnips or cabbage. Slice vegetables thin, except cabbage (1/2-inch thick). There should be enough brine to cover. Small plate may be placed on top as weight to keep vegetable covered with brine.

INSTANT CUCUMBER TSUKEMONO

1 cucumber
2/3 tsp. salt (approximately)
1 tsp. toasted sesame seed
grated ginger (garnish)

Slice cucumber paper thin. Sprinkle with salt and mix. Let stand about a half hour. Rinse with cold water. Squeeze to remove excess water. Place in refrigerator.

To serve, place small amount in individual dishes, garnished with sesame seed and a pinch of grated ginger. Serve with soy sauce.

NASU NO SHIOZUKE

(Pickled Japanese Eggplant)

10 small Japanese eggplant
2 Tbsp. salt
3 c. water
1/2 tsp. m.s.g.

Wash and cut off stems of eggplant. Rub some salt on the skin as this helps to retain the nice purple color. Split them in half and place in deep bowl. Heat water, salt and m.s.g. until salt is dissolved. Cool and pour over eggplant. Place a dish on top and weight down with a quart jar filled with water or some other means, like a rock.

Pickles are ready to serve the next day. Cut into pieces. Do not cut too many at one time as they discolor (taste does not change). Store in the liquid in refrigerator to be used within 3 or 4 days.

EGGPLANT KARASHIZUKE

1 large eggplant
2 to 3 tsp. dry mustard (mixed with hot water to make paste)
1/4 c. miso
1/2 c. sugar
1 tsp. soy sauce
salt

Cut eggplant into thin strips, 1 x 1/2-inch. Put eggplant into bowl, sprinkle lightly with salt and mix. Cover

with small dish and add weight on top. Let stand overnight to draw out water from eggplant. Squeeze out liquid. Set aside.

Blend mustard paste, miso, sugar and soy sauce and combine with eggplant. Let stand in refrigerator for 2 to 3 days before serving.

NAPPA TSUKEMONO

1 (1 1/4 lb.) nappa, leaves separated or nappa, quartered
1 Tbsp. vinegar
2 Tbsp. sugar
1/2 c. water
2 or 3 slices white bread
salt
ajinomoto

Salt the nappa generously. Place in bowl or crock. Put bread slices between nappa sections. Combine vinegar, sugar and water and pour over nappa. Cover with plate smaller than width of bowl or crock. Place weight on top (do not use iron or aluminum) and let stand overnight.

To serve, rinse and squeeze liquid from nappa. Cut into 1 to 1 1/2-inch length or into very thin slices. Sprinkle with ajinomoto.

TAKUWAN

1 gal. daikon
1/3 c. salt
1/2 c. vinegar
2 1/4 c. sugar
1 tsp. yellow food coloring
1/4 tsp. m.s.g.

Cut daikon into 2-inch lengths. Cut into halves and cut each half into small wedges. Put into a large bowl. Set aside.

In a saucepan, mix remaining ingredients together and heat until sugar dissolves. Pour over daikon and let stand about 1 hour before placing in jars. Refrigerate for 1 week before serving. Serve with soy sauce, if desired.

Note: Icicle radishes or celery cabbage, cut into 1 1/2-inch pieces, may also be substituted for daikon.

CLEAR SOUP

4 c. dashi
1 1/2 tsp. soy sauce
1 1/4 tsp. salt
1/4 tsp. m.s.g.
2 eggs, well beaten
1 green onion, slivered

In saucepan, bring dashi to a boil; add soy sauce, salt and m.s.g. Turn down heat until soup simmers. Add eggs in thin stream by using a chopstick for eggs "to run down" while moving as quickly as possible across surface of soup. Eggs will float in threads when cooked. Serve immediately in lacquer bowls, garnished with green onions. Serves 6.

Variation: 6 slices kamaboko may be substituted for eggs; 6 matsutake (Japanese mushrooms) or sliced mushrooms may be substituted for eggs; 6 to 12 pieces tofu may be substituted for eggs.

CHAWANMUSHI

3 eggs
2 c. dashi
1/2 tsp. salt
2 tsp. soy sauce
1/4 tsp. m.s.g.
1 Tbsp. mirin (optional)
1/2 chicken breast, cut into 8 pieces
4 shrimp, boiled or 4 slices kamaboko
4 button mushrooms
4 bamboo shoot slices
spinach or watercress (for garnish)

Marinate chicken pieces in 1 teaspoon soy sauce. Bring dashi to a boil. Add salt, 1 teaspoon soy sauce, m.s.g. and mirin. Cool.

Beat eggs and add to stock mixture. Strain, if desired. In 4 chawanmushi bowls (or rice bowls or large tea cups), add 2 pieces of chicken, 1 shrimp or slice of kamaboko, 1 mushroom and 1 bamboo shoot in each. Pour in egg mixture, dividing evenly. Garnish with spinach leaf or sprig of watercress. Cover with lids or squares of aluminum foil. Place in steamer, Dutch oven or covered roasting pan with about 1-inch hot water and steam over medium heat for 12 to 15 minutes, until set. Test by inserting toothpick. Serves 4.

SATSUMA JIRU

1/2 lb. pork, sliced thin
6 c. dashi
1/2 c. miso
1 medium carrot, julienne
2 shiitake (dried mushrooms)
1 green onion, slivered
2 to 3 satoimo, sliced thin (optional)

Soak shiitake in 1/2 cup warm water with 1/4 teaspoon sugar added for 20 minutes. Discard stems. Cut into thin slices. Set aside.

In saucepan, heat dashi. Add pork, miso which has been mixed with dashi, shiitake, carrots, satoimo and m.s.g. Simmer 15 to 20 minutes, until pork is cooked. Serve in individual bowls and garnish with green onions. Serves 6.

OZONI

6 c. dashi
1 Tbsp. salt
1 Tbsp. soy sauce
dash of m.s.g.
1 chicken breast, cut into bite size pieces
12 pieces mochi (rice cakes)

Garnishes:

6 kamaboko slices
1/2 lb. spinach, parboiled and cut into 1-inch pieces or celery cabbage, parboiled and cut into 1-inch pieces or watercress
1 carrot, sliced and boiled in 1 c. dashi flavored with 1/2 tsp. soy sauce and dash of salt
sliced mushrooms or 6 bamboo shoot slices
lemon peel (optional)

Prepare soup by combining dashi, salt, soy sauce and m.s.g. Bring to a boil. Add mushrooms and chicken. Simmer 5 minutes. Toast mochi under broiler.

To serve, place 2 pieces mochi in each lacquer bowl. Add garnishes and hot soup with chicken pieces and mushrooms and serve. Float lemon peel, if desired. Serves 6.

ASPARAGUS WITH SUMISO SAUCE

(Asparagus With Vinegar-Miso Sauce)

1 to 1 1/2 lb. asparagus

Sauce:

3 Tbsp. miso (preferably white)
3 Tbsp. sugar
3 Tbsp. dashi
2 Tbsp. vinegar
1/4 tsp. m.s.g.
1 Tbsp. sesame seed, toasted

Cut cleaned asparagus into 1 1/2-inch lengths diagonally. Boil in lightly salted water for 10 minutes. Drain and set aside.

Mix sauce ingredients together in saucepan, except sesame seed and cook over low heat until thickened. Grind sesame seed in suribachi and blend with sauce. Combine with

asparagus. Serve at room temperature in individual small dishes. Serves 6.

Variation: Daikon cut into 2-inch lengths and boiled with a few grains of rice added to remove bitter taste (serve one per person), or boiled broccoli, or cauliflower may be substituted for asparagus.

CABBAGE SUNOMONO

1 small cabbage, shredded fine
1 carrot, shredded fine
1/2 c. lemon juice
3/4 c. sugar
1 Tbsp. salt
1/4 tsp. grated ginger (optional)
1/4 tsp. m.s.g.

Combine all ingredients. Place in covered container overnight or longer in refrigerator. Makes about 2 quarts.

CABBAGE AEMONO

3 shiitake
3 abura age
1/2 c. dashi
1 1/2 tsp. sugar
3 Tbsp. soy sauce
1 medium cabbage

Sauce:

2 Tbsp. toasted sesame seed
1 Tbsp. dashi
1 tsp. salt
3 Tbsp. vinegar
2 Tbsp. sugar
1/4 tsp. ajimonoto

Soften shiitake in 1/2 cup warm water for 20 minutes. Add 1/2 teaspoon sugar to water. Cut shiitake and abura age into thin 1-inch long strips. Bring to boil dashi, rest of sugar and soy sauce. Add shiitake and abura age and cook until dashi is absorbed completely. Remove thick core portion of cabbage leaves and soak leaves in salted water for about 30 minutes. Drain, remove excess water and shred.

Grind toasted sesame seed in suribachi. Add vinegar, dashi, sugar, salt and ajinomoto. Combine all ingredients and mix well.

CUCUMBER AND CRAB SUNOMONO

1 large cucumber
1/4 tsp. salt
1/3 can crabmeat, flaked
1 Tbsp. sesame seed

Sauce:

1/3 c. Japanese vinegar or
4 Tbsp. white vinegar and
2 Tbsp. water
4 Tbsp. sugar
1/2 tsp. salt
1/8 tsp. m.s.g.

Toast sesame seed in a heavy skillet until they brown and pop. Grind in suribachi or chop. Set aside.

Peel cucumber partially, leaving some green for color. Cut in half lengthwise; remove seed, if large. Slice very thin. Combine with 1/4 teaspoon salt in bowl. Let stand 15 to 20 minutes.

Meanwhile, combine sauce ingredients. Squeeze liquid from cucumber and discard liquid. Combine 1/3 sauce and cucumber. Refrigerate.

Just before serving, drain liquid from cucumber; combine with crabmeat and remaining sauce. Serve in individual bowls. Garnish with sesame seed. Serves 5 to 6.

Variation #1: Boiled shrimp, abalone, clams, or other seafood may be substituted for crab.

Variation #2: Shellfish may be omitted entirely.

CUCUMBER-CRAB RING

2 cucumbers
1 can crab, flaked
1 Tbsp. dashi
1 1/2 tsp. sugar
1 tsp. soy sauce
beni shoga (pickled red ginger), slivered

Peel cucumbers, leaving some strips of green for color. Slice into 1/2-inch thick rings. Remove seed; sprinkle insides lightly with salt. Mix all other ingredients in a bowl, except beni shoga. Fill and press mixture into each cucumber ring. Garnish with beni shoga.

CRAB AND WAKAME SUNOMONO

(Crab And Seaweed In Vinegar Dressing)

1/2 to 1 can crabmeat, flaked
1 rib celery, slivered
1 egg
wakame (seaweed), 3 strips, about 8-inches long (when soaked, yield 1 c.)

Prepare and combine in a bowl.

Dressing:

1/3 c. Japanese vinegar or
4 Tbsp. white vinegar and
2 Tbsp. water
2 Tbsp. sugar
1 Tbsp. water
1/4 tsp. salt
1/2 tsp. soy sauce
1 tsp. fresh ginger juice
m.s.g.

Soak wakame in water to cover until soft, about 10 minutes. Drain water. Cut wakame into 1/2-inch lengths. Set aside.

Beat egg lightly with 1 teaspoon sugar and dash of salt. In lightly oiled medium-size skillet, pour egg mixture to cover pan, cook over low heat until egg sets; using spatula, lift and turn over. Cook for a few seconds. Turn out onto a cutting board; let cool slightly, cut into thin 1-inch long strips. Combine wakame, crab, celery and egg strips. Set aside.

Use garlic press to extract juice from a piece of ginger, about 1 square inch, or you may grate and extract juice. Combine dressing ingredients.

Just before serving, blend crab mixture with dressing. Serve in individual bowls lightly mounded. Serves 5 to 6.

HARUSAME SALAD

(Bean Threads, Ham And Vegetables In Vinegar Dressing)

2 oz. harusame or saifun (bean threads)
1 cucumber
1/2 lb. ham, slivered
1/2 cake kamaboko, julienne
2 ribs celery, julienne
1 small carrot, shredded
2 eggs, beaten
2 tsp. sugar
dash of salt

Dressing:

1/4 c. Japanese vinegar
1/4 c. sugar
2 Tbsp. lemon juice
1/2 tsp. salt
1/4 tsp. m.s.g.
1 tsp. ginger juice (optional)
1 Tbsp. soy sauce

Cook harusame in boiling water for 5 minutes. Drain; chill in cold water and set aside. Peel cucumber in alternate strips, remove seeds and slice very thin. Sprinkle lightly with salt. Cut harusame into 2-inch lengths (discard water). Squeeze liquid from cucumber.

Combine harusame, cucumber, ham, kamaboko, celery and carrot. Set aside. Combine beaten eggs with sugar and salt.

Fry in thin sheets; cut into thin strips. Combine dressing ingredients and toss with harusame mixture and egg strips. Serves 6.

Note: Cooked chicken may replace ham.

SALMON AND DAIKON WITH DRESSING

1 lb. daikon (Japanese radish)
1 (7 oz.) can salmon

Sauce:

1 Tbsp. vinegar
1 Tbsp. sugar
1 tsp. salt
1/4 tsp. m.s.g.
juice of 1/2 lemon
beni shoga, slivered (garnish)

Remove bones from salmon, drain and break up into small pieces. Set aside.

Peel and grate daikon; drain juice. Set aside. Combine sauce ingredients. Season daikon with sauce. Add salmon and mix well. Serve in individual dishes and garnish with few strips of beni shoga. Serves 4.

SHIRA AE

2 konnyaku, shredded
1 carrot, shredded
1 c. dashi

Sauce:

2 tsp. toasted sesame seed
tofu, 4 x 4 x 2-inch (bean curd)
2 Tbsp. sugar
1 1/2 Tbsp. soy sauce
1/4 tsp. m.s.g.

Boil konnyaku in water for 5 minutes. Drain. Cook konnyaku and carrot in dashi for 5 minutes. Drain and set aside.

Put tofu in clean cloth and squeeze it gently to remove excess water. In suribachi, grind sesame seed; add sugar, soy sauce and m.s.g. Add tofu and mix well. Combine with konnyaku and carrot. Serve in small individual bowls.

Variation: Parboil spinach and squeeze out water. Cut into 1 1/2-inch lengths and add to mixture.

SOMEN SALAD

2 bundles somen noodles, cooked and chilled
1/2 bunch green onions, chopped
1/2 head lettuce, shredded or cucumbers (in place in lettuce)
toasted sesame seed

Garnishes:

ham
kamaboco (fish cakes)
chashu (barbecued pork)
fried egg

Cut into thin strips. Layer on large serving dish, beginning with noodles and add other ingredients as listed (noodles, lettuce or cucumbers, green onions and sesame seed).

Dressing:

1/4 c. oil
1/4 c. Japanese vinegar
2 Tbsp. sugar
2 Tbsp. soy sauce
2 Tbsp. sesame seed
salt to taste

Combine and pour over salad just prior to serving.

Lydia Ota

TURNIP NO SUNOMONO

1 lb. turnips, sliced in thin strips
1/2 carrot, sliced
1 1/2 tsp. salt
2 c. water
1/2 c. Japanese vinegar
1/2 c. sugar
1/4 tsp. ajinomoto
2-inch sq. kombu (1 piece or can be cut into thin strips)

Soak turnips and carrots in salt and water for 30 minutes. Squeeze liquid from vegetables. Place in bowl. Combine vinegar, sugar and ajinomoto and pour over vegetables. Add kombu which has been rinsed. Refrigerate.

GOMA AND MISO AE

1 1/4 lb. fresh green beans or green beans and carrots, slivered or asparagus and cabbage, sliced 1/2-inch pieces or bean sprouts

Dressing:

2 Tbsp. toasted sesame seed
3 Tbsp. sugar
3 Tbsp. miso
3 Tbsp. soy sauce
dash of m.s.g.

Cut vegetable into 1 1/2-inch pieces. Parboil. Grind sesame seed in suribachi. Add sugar, miso, soy sauce and m.s.g. and mix well. Combine with vegetable and toss. Serves 6 to 8.

PEANUT AE

1 lb. boiled green beans or spinach or asparagus or carrots

Dressing:

1 1/2 oz. roasted peanuts
1 1/2 Tbsp. sugar
2 Tbsp. soy sauce
1/4 tsp. m.s.g.

Remove skins from peanuts; chop and grind in suribachi. Mix together with sugar, soy sauce and m.s.g. Toss with vegetable. Serves 6 to 8.

GREEN ONIONS WITH MISO SAUCE

(Negi Nuta)

2 bunches green onions
2 strips wakame, dried seaweed (optional)
1 can clams or 1 c. scallops, boiled and chopped

Miso Sauce:

3 Tbsp. miso
3 Tbsp. sugar
3 Tbsp. dashi
1 Tbsp. vinegar
1 tsp. dry mustard (mixed with 1 Tbsp. water)

Wash green onions and remove ends. Parboil for 3 minutes. Drain. When cool, cut into 2-inch lengths. Soak dried seaweed in water for 10 minutes. Remove vein. Cut into thin strips. Drain liquid from clams. Set aside.

Combine miso, sugar, dashi and vinegar. Cook 5 minutes until slightly thickened. Remove from heat and add mustard. Combine green onions, seaweed and clams with sauce. Serves 6.

GREEN BEANS WITH SESAME SAUCE

1 lb. green beans

Sesame Sauce:

3 Tbsp. toasted sesame seed
1 1/2 Tbsp. sugar
2 Tbsp. soy sauce
1/4 tsp. m.s.g.

Remove string and ends of beans. Cook in boiling salted water until tender. Do not overcook. Rinse with cold water and drain. Cut into 2-inch lengths. Set aside.

Grind sesame seed in suribachi. Combine with remaining ingredients to make sauce. Add cooked vegetables and mix well. Serve in individual small dishes or in a bowl.

Variation: Boiled spinach (cut into 2-inches lengths), watercress or celery cabbage may also be used.

RICE

Rice, to the Japanese, is more than a mainstay in the everyday menu. The cooked grain is served plain as an accompaniment to meats and vegetables, sugared and vinegared for festive dishes, sweetened for desserts, and fermented for delicious rice wine called sake. Any of these delicacies is considered a fitting offering to Amida Buddha. Therefore, much care and attention are given to the quality of the rice and to the proper method of cooking it for each particular dish.

The rice is harvested in the fall and in cooking new crop rice, use equal amounts of rice and water. As the rice loses its moisture, increase water amount gradually.

	Rice		Water
November thru December	5 c.	to	5 c.
December thru March	"		5 1/4 c.
April thru June	"		5 1/2 c.
July thru August	"		5 3/4 c.
September thru October	"		6 c.

Using a heavy aluminum pot with tight fitting lid, wash rice in a small amount of water. Drain water, add larger amount of water, drain and repeat until water becomes clear. Drain well and add the required amount of cold water. Let rice stand for at least 30 minutes to an hour before cooking.

Bring rice to a rolling boil over high heat (5 to 10 minutes); turn heat low and steam for 20-25 minutes. Turn off heat; allow rice to stand undisturbed for 10 minutes. Fluff rice gently with wooden spoon or shamoji. Keep covered until ready to serve. (Yields approximately 8-10 cups cooked rice.)

CABBAGE NO TSUKEMONO

cabbage(s), depending on size
4 Tbsp. salt
4 Tbsp. sugar
2/3 c. vinegar
5 c. water
weight (omoshi) 2 times weight of cabbage

Wash cabbage(s) and remove core. Cut into 10 slices. In a large bowl, place a layer of cabbage. Then add the salt and sugar mixture. Layer more cabbage and add the salt and sugar mixture. Continue to process until all cabbage is used. Then add vinegar and water solution on top. Place some sort of weight (omoshi) on top and leave for 4 days before eating.

Mari Hayashi

JAPANESE CUCUMBER PICKLES

2 c. hot water
1/3 c. salt
cucumbers
2 c. cold water
1/2 c. white vinegar
6 Tbsp. sugar
1 tsp. Accent
1 tsp. red pepper
1 clove garlic

Mix hot water and salt and pour over sliced cucumbers and let stand for 1/2 hour. (Use enough cucumbers for solution to cover.)

Mix remaining ingredients. Drain and pack cucumbers in jars. Pour in cold water mixture. Pack in refrigerator. Pickles ready to eat next day.

Nobie Mitsuda

CUCUMBER KASU ZUKE

15 to 20 lb. Europen cucumbers (small ones)
5 lb. kasu
2 c. salt or more (little on the salty side)
4 lb. sugar

Soak cucumbers in salt for 3 or 4 days. With weight, water will come out above the cucumbers. If the water does not come out, turn the cucumber and put the weight for couple more days. Take out of the water and wash out most of the salt.

Mix the kasu and sugar and mix thoroughly. Put layer of kasu and cucumber, starting with kasu and ending with kasu. Refrigerate. Best after 6 months or longer.

KABU NO TSUKEMONO

(Pickled Turnips)

turnips
2 c. water
1/2 c. vinegar
1/2 c. sugar
4 tsp. salt
1 tsp. ajinomoto

Wash and slice turnips and place in jars. Mix water, vinegar, sugar, salt and ajinomoto and bring to boil. Add to jars, then seal. Leave for 2 to 3 days before eating.

Mari Hayashi

MUSTARD SAUCE EGGPLANT

(Makes Approximately 8 Quarts)

10 lb. Japanese eggplant
6 oz. Colman's mustard
2 c. shoyu
2 1/2 c. sugar
1 c. miso
1 c. mirin (do not use nama mirin)
1/2 tsp. ajinomoto

Make brine with 2 gallons water boiled with 2 cups rock salt. Let cool.

Cut eggplant into 1/4-inch slices; soak in brine overnight weighted down with stone or gallon bottle filled with water; strain, pour boiling water over them, allow to drain until cool, squeeze out water (not too dry) and set aside.

Make paste with shoyu and mustard; add miso and sugar with mirin and ajinomoto. Mix well. Combine with eggplant, making sure all the eggplant are thoroughly coated with miso mixture. Pack in sterile jars and tighten cap. Keep in cool place, best in refrigerator.

TAKUWAN

4 long daikon (6 to 8 regular)
1/4 c. salt
2 c. sugar
chili peppers (optional)
1/2 c. vinegar
dash of ajinomoto

Slice daikon. Combine remaining ingredients and pour over daikon. After liquid rises, pack in jar and refrigerate. Can be served in 1 week.

Naoko Sato

CLAM MISO

clams
onions, minced
oil
miso soybean paste

Remove flesh from large clams. If this is too hard, place them in a pan of water and heat. Strain off sand. Saute a minced onion in oil. Thin miso in a little clam juice. Add to onions and stir well. Spoon mixture into shells. Place 1 clam inside each and cover with sauce. Broil for a minute and serve hot.

Mae Ogawa

SOMEN SALAD

1 pkg. somen, boiled
3 stalks green onion, sliced thin
dash of m.s.g.
ham or char sui pork, chopped
2 eggs, scrambled or fried and sliced thin
1 kamaboko, chopped
1 head lettuce, shredded

Sauce:

1/2 c. oil
4 Tbsp. sesame seed, roasted
3 Tbsp. vinegar
2 tsp. salt
3 Tbsp. sugar
3 Tbsp. shoyu

Lay somen in 9 x 13-inch pan. Garnish with lettuce, kamaboko, char sui, green onions, eggs and m.s.g. Mix sauce in bottle, shake well and pour over salad. Sprinkle sesame seed over and serve.

Julie Tanaka

MAKI SUSHI

(Maki Sushi Fillings)

Kampyo (Dried Gourd):

3 Tbsp. soy sauce
1/2 c. sugar
1 pkg. kampyo
4 c. water
1/2 tsp. ajinomoto

Wash kampyo with salt and rinse. Boil for about 20 minutes, then remove from pot. Rinse and cook over medium heat in remaining ingredients.

Shiitake (Japanese Mushroom):

10 shiitake
1 1/2 c. dashi
4 Tbsp. sugar
2 Tbsp. soy sauce

Soak shiitake in water, facing down, for 2 to 3 hours. Simmer shiitake in ingredients until juice is almost gone. Remove and slice into thin strips.

Oboro (Shrimp):

3 Tbsp. sugar
1/4 tsp. red food coloring

Empty shrimp into container and run water over them. Place in cloth and wring out water; mash in same cloth. Place in mixing bowl. Combine and add the ingredients for the (oboro) and dilute the red coloring with water. Mix well. Place in frying pan wiped with oiled paper and dry out the shrimp.

Celery:

1 1/4 c. vinegar
1/8 c. water
1/2 tsp. ajinomoto
2 tsp. sugar
1/4 tsp. salt

Combine and soak celery in the celery ingredients for about 10 minutes.

*In place of celery, some prefer to use spinach, green beans, carrots or any combination of vegetables may be used at the same time as fillers.

Eggs:

5 eggs
3 slices white bread
1/2 c. dashi or water
2 tsp. salt
yellow food coloring
2 Tbsp. sugar
2 Tbsp. sake

The egg ingredients makes 10 strips of eggs to be used as filler. Mix well and bake at 300° for about 30 minutes. Oil and heat the pan before putting the ingredients in; be sure the pan is hot.

How To Roll Maki Sushi:

Heat one side of nori quickly over low heat. Place a sheet of nori on the bamboo mat. Spread sushi-meshi over nori evenly, about 1/2-inch thick, leaving 3/4-inch strip of nori showing on the edge away from you. Arrange in the center the various seasoned ingredients, being careful that they are placed evenly in line. Do not let it fall over the edge too much. Roll away from you. When the bamboo mat touches the rice, lift the mat and continue to roll until completely rolled. Slice about 3/4-inch thick and serve.

Anonymous

INSTRUCTIONS ON HOW TO ROLL MAKI SUSHI

First heat one side of nori quickly over low heat.

1. Place sheet of nori on the sudare (bamboo mat) with one side toward you and even with the sudare. Spread sushi rice over nori evenly on over 2/3 of nori to thickness of about 1/2 inch (do not press down too hard).

2. Arrange the various seasoned ingredients on the rice about 1/3 from the edge in front of you. Do not allow to drape over the sides.

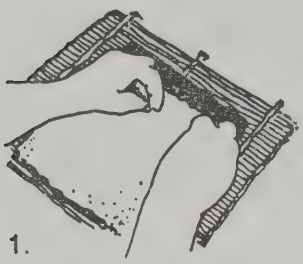
3.-4. Moisten the uncovered portion of the nori; roll away from you, being careful to keep the "gu" (seasoned ingredients) in place with your fingers.

5.-6. When the sudare touches the rice, lift the sudare edge nearest to you and continue to roll until completely rolled.

7.-8. Roll the sushi again with the sudare and apply pressure lightly to tighten the roll. Gently push in the rice and "gu" from sides of roll.

Slice about 3/4 - 1 inch thick and arrange on plate, cut side up.

ILLUSTRATIONS ON HOW TO ROLL MAKI SUSHI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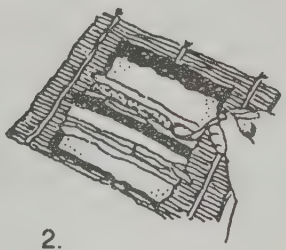
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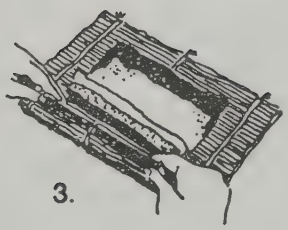
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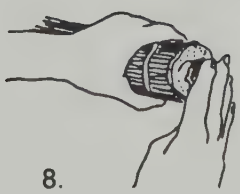
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SUSHI NO SU

(Vinegar Mixture For Sushi Rice)

3 c. Japanese vinegar
1 1/2 Tbsp. Takara Mirin (cooking wine)
3 Tbsp. salt
1/2 Tbsp. ajinomoto (Accent)
2 c. sugar

Mix ingredients and cook over medium heat until sugar dissolves. Stir constantly. Let rice cool before using for nigiri sushi. For 6 cups cooked rice, use about 1 1/2 cups of Su (vinegar mix).

Motoe Takahashi

INARIZUSHI

12 age
1/2 c. sugar
4 Tbsp. soy sauce
1 tsp. salt
1 3/4 c. water
1 tsp. ajinomoto

Prepare rice, using vinegar mixture. Cut age in half. Cover with water and boil 5 to 10 minutes in covered pan. Drain and rinse well. Cook age in sugar, soy sauce, salt, ajinomoto and water over low heat until liquid is reduced to half. Stuff age.

Lydia Ota

SUSHI

rice

Sweet Vinegar For Rice:

1 c. sugar
1 c. Heinz white vinegar
1 Tbsp. salt
1 tsp. ajinomoto

Put all ingredients for sweet vinegar into a saucepan and boil until the sugar dissolves. Stir frequently, liquid will clear when done. This liquid is delicious over salad.

After washing 6 cups rice, drain and let stand for 1/2 hour. Cook with 6 1/2 cups water. Pour 1 1/2 cups vinegar

mixture over hot rice and mix thoroughly. Cool.

The seasoned rice may be used for any type of sushi.

Anonymous

NIGIRI SUSHI

Toppings For Nigiri Sushi:

fresh salt water raw fish, shellfish or roe (choose your favorite)
maguro (tuna)
hirame (flounder)
anago (conger eel)
tekka (tuna, wrapped in seaweed)
saba (mackerel)
ika (cuttlefish)
unagi (broiled eel)
gyoku (omelet)
fish roe
seabass
tako (octopus)
aoyagi (round clam)

Prepare a damp cloth, shari (vinegared rice) and vinegared solution for dipping hands. Moisten fingers with the vinegared water. Place fish between the base of the fingers and the second joint of the left hand.

Shape the vinegared rice mixture into a ball with the right hand. Keep holding rice ball in the right hand and dab the wasabi on the first finger of the right hand. Place horseradish on fish slice which is in your left hand.

Place rice oval on fish. Press end of rice ball lightly with the thumb of the left hand. (Your left fingers will be cupped around the sushi.) Level rice top surface lightly with the right index finger.

Press ends of rice ball with the right thumb and index finger. Depress top of rice with index finger of right hand again. Turn the rice ball around with the thumb of the left hand and roll sushi into the right palm. Topping will be uppermost. Shape again. Press the end of the rice ball with the left thumb and index finger. Press topping of sushi lightly with two fingers of the left hand and once more mold the side edges of the sushi rice portion. Shape should be a small oblong bar.

Anonymous

SUSHI SUPPORTERS

Gari (Pickled Ginger): This cool sharp condiment is made from tender young ginger roots. Freshly picked ginger is marinated in seasoned vinegar to give it a delightfully punget taste. It should be eaten a little at a time in between different varieties of sushi to freshen the palate.

Wasabe (green horseradish): Washabe is made from a knobby green root and is used for almost all sushi materials. It makes that fishy taste disappear by temporarily paralyzing your palate, with its special pungency and flavor. It is one of the most important seasoning for sushi, put in between sushi rice and the topping.

Anonymous

BROILED SHRIMP ON SKEWERS

36 shrimp
1/2 c. mirin
1/2 c. soy sauce
1/4 c. sugar
bamboo skewers

Shell and devein shrimp. Set aside. In a small saucepan, combine soy sauce, mirin and sugar. Bring to a boil, reduce heat and simmer 3 to 4 minutes.

Place 2 shrimp on each skewer, dip briefly in soy sauce mixture. Broil over medium charcoal heat for 2 to 3 minutes, dipping in sauce once or twice during broiling. Serve hot. Serves 10 to 12.

SHRIMP IN SHELL

1 lb. shrimp
1/3 c. sugar
1/3 c. soy sauce
1 Tbsp. mirin or sake
dash of m.s.g.

Wash shrimp. Slit backs with sharp knife or small scissors and remove sand vein, but do not remove shell. Combine sugar, soy sauce, mirin and m.s.g. Marinate 15 minutes. Cook over charcoal or cook on top of stove by bringing sauce to a boil and adding shrimp. Bring sauce again to a boil, cover and simmer 5 minutes. Serve cooled as part of a picnic lunch or New Year's Feast.

TEMPURA

Suggested Ingredients:

large shrimp or prawns
carrots, julienne
celery, julienne
green beans (remove ends)
asparagus (remove tough ends)
yams, slice 1/4-inch thick
green pepper, cut into 1/4-inch rings or strips
snow peas (remove ends)
eggplant, peel, leaving alternate strips of skin, cut in half and sliced 1/2-inch thick
edible chrysanthemum leaves (shungiku)
nori squares
salad oil (1/8 part sesame oil may be added)

Remove shell, leaving tail attached. Split shrimp down center of the back and open flat. Remove vein. Place shrimp, cut side down on cutting board and score to prevent curling. Shrimp may be dusted with flour before dipping into batter, if desired.

Batter #1:

1 egg yolk
1 c. ice water
1/8 tsp. baking soda
1 c. cake flour or flour

In a large bowl, combine egg yolk, ice water and baking soda. Sift in flour and mix lightly with chopsticks, batter may be lumpy, but care should be taken not to overmix.

Batter #2:

1 c. flour
1/2 c. water and 1/2 c. beer
1 egg yolk

Combine water, beer and egg yolk; sift flour into mixture and mix lightly.

Batter #3:

2/3 c. flour
1/3 c. cornstarch
1 egg yolk
1 c. ice water

Combine egg yolk and ice water. Add flour and cornstarch gradually to mixture. Prepare batter of your choice. Do not overmix. Batter should not stand more than 10 minutes. Prepare additional batter as needed.

Preheat oven to 250°. As Tempura is fried, place on

cake rack in oven to keep warm. To keep foods crisp, do not stack.

Heat oil to 360°. If a drop of batter drops midway into oil and rises to the surface, the temperature is right. Dip one piece of food at a time into the batter to coat and drop into the hot oil. Fry carrots and celery in loose bunches. Nori squares and edible chrysanthemum leaves should be dipped to coat one side only. Fry shrimp last, hold by tail and dip into batter.

Fry only 6 to 7 pieces at a time. Turn the pieces after a few minutes to lightly brown other side. Drain on paper towels and place in oven. Repeat until all the ingredients have been fried. Serve with small individual bowls of dipping sauce. Grated daikon may be added to the sauce, according to individual taste.

Dipping Sauce:

2 c. dashi or chicken bouillon
4 Tbsp. soy sauce
4 Tbsp. mirin
1/4 tsp. m.s.g.
grated daikon (optional)

Combine sauce ingredients, except daikon, and bring to a boil. Set aside. Put grated daikon in small bowl to be passed at the table.

CHICKEN TERIYAKI

2 cloves garlic, minced
2 lb. frying chicken, cut into pieces
2 Tbsp. oil
2 Tbsp. water
1 tsp. grated ginger
2 Tbsp. sherry
1/2 c. soy sauce
1/2 c. sugar
1/4 tsp. m.s.g.

Brown chicken and garlic in oil. Add water, cover and steam 15 minutes. In separate pan, combine ginger, sherry, soy sauce, sugar and m.s.g. and heat through. Pour over chicken and cook 10 to 15 minutes to a glaze. Turn chicken several times during cooking.

CHICKEN TERIYAKI

2 (2 1/2 lb.) chickens, cut up

Marinade:

1 c. soy sauce
3/4 c. sugar
2 cloves garlic, crushed
1/4 tsp. m.s.g.
1/4 c. sake, sherry or mirin (sweet sake)
1/2 tsp. grated ginger

Combine marinade ingredients and pour over chicken pieces. Marinate 2 hours or longer, turning pieces occasionally. Place chicken on cookie sheet. Bake about 35 minutes at 350°. Turn pieces over and brush with drippings and bake 40 minutes longer, or a total cooking time of 1 hour and 15 minutes. To glaze, brush with drippings. Serves 6 to 8.

CHICKEN STUFFED ABURA AGE

(Fried Bean Curd Filled With Chicken)

1 can inarizushi-no-moto (15 abura age halves)
1 large can shirataki, cut into 2-ingh lengths
1 carrot, julienne
1 chicken breast, chopped fine or ground

Sauce:

3 c. dashi
3 Tbsp. sugar
3 Tbsp. soy sauce
1/4 tsp. salt
dash of m.s.g.

Combine shirataki and carrot with chicken. Fill abura age with chicken mixture. Place carefully in saucepan. Add sauce ingredients and cook, covered, over low heat, about 20 to 30 minutes. Serves 6.

Note: Abura age is a good source of protein.

TSUKEYAKI CHICKEN

4 lbs. chicken wings
1/2 c. soy sauce
1/2 c. sake
1/2 c. granulated sugar
1/4 c. Mirin
1 Tbsp. cornstarch or Katakuri (optional)
1 Tbsp. grated fresh ginger
1/2 tsp. ajinomoto

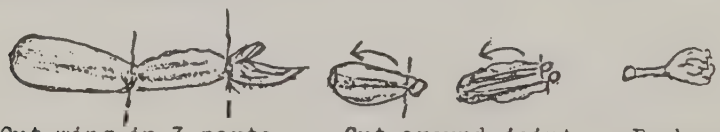
Combine all ingredients except chicken in a saucepan and bring to boil. Turn heat down and simmer for 2 minutes more and remove from heat allowing to cool. Prepare wings according to instruction.

In large pot, boil the wing tips in 3 cups of water. Turn heat down and simmer for 1/2 hour with 1 teaspoon salt, 1/2 teaspoon ajinomoto and 2 teaspoons fresh grated ginger. Remove wing tips.

Add prepared chicken wings to soup stock and cook for 10 to 15 minutes, turning occasionally so each piece has a chance to cook. Drain chicken in colander to remove excess liquid.

Lightly brown chicken in 2 to 3 tablespoons olive oil in heavy skillet. Pour enough sauce to coat the chicken, continue cooking in the skillet until golden brown and well coated with sauce. This can be done in oven but has to be watched carefully as there is a tendency to scorch easily.

Preparing Chicken Wings: First cut through lower end of the first part (corresponds to upper arm in human). Then cut through lower end of second or middle part (corresponds to human forearm) to finish cutting the wing into three parts. Second part has two bones so remove the smaller bone while pushing up the meat. The third part of the wing or the tip is to be kept for soup stock. Cut around the two wings around the joint to push meat back 3/4" from cut end of bone. Hold the joint and pull the meat over the skin inside out to make drumstick.



"Cut wing in 3 parts.... Cut around joint... Push up"

SQUID COOKED IN SOY SAUCE

(Ika No Nitsuke)

1 lb. ika (squid)
3 Tbsp. sugar
4 Tbsp. soy sauce
3 Tbsp. sake
1/4 tsp. m.s.g.

With tip of knife, remove eyes. Separate tendrils from body and discard ink sac. Discard triangular cartilage from cavity of body. Wash and drain. Cut into 1 1/2 to 2-inch pieces.

Bring to a boil, soy sauce, sugar, sake and m.s.g. and squid. Cook over medium heat 10 to 12 minutes. Do not overcook. Serves 4 to 5.

ODEN

(Fish Cake And Vegetables Cooked In Sauce)

kombu, 4 x 6-inch piece
9 1/2 oz. chikuwa (fish roll), sliced 1-inch diagonally
7 1/2 oz. satsuma age (fish cake), 1/2-inch slices
10 oz. konnyaku, sliced 1/4-inch thick
1 daikon, cut into 1-inch pieces
4 to 5 satoimo or new potatoes, cut in halves
1 large takenoko, cut into chunks
1 can inarizushi-no-moto (seasoned "age")
1 medium can shirataki, cut into 2-inch lengths
1 carrot, slivered
1 to 2 shiitake
1 oz. kampyo, cooked for tying "age"

Stock:

6 c. dashi
3 Tbsp. soy sauce
2 tsp. salt
3 Tbsp. sugar
Coleman's mustard mixed with water (to make paste)

Soak kombu in water until soft. Cut into strips and tie each into bows. Set aside. Soak shiitake in 1/4 cup warm water for 20 minutes. Discard stems and slice thin. Reserve water and add to dashi. Combine shirataki, carrot, shiitake and fill seasoned "age" halves. Tie each age with kampyo. Set aside.

Combine stock ingredients in large pot. Add kombu, konnyaku, daikon, satoimo, takenoko, chikuwa, satsuma age and filled "age". Cook very slowly at least 2 hours. Serve with hot mustard. Serves 10 to 12.

OKI SUKI

(Seafood And Vegetables Cooked In Broth)

A delicious "Bouillabaisse" which can be cooked at the table.

2 (8 oz.) lobster tails, cut bite size
1 lb. fresh shrimp, deveined
1/2 lb. red snapper fillet, cut bite size
1/2 lb. fresh scallops
12 cherrystone clams or oysters
1/2 lb. king crab legs, chopped bite size
1/2 bunch green onions, 2-inch lengths
1 small celery cabbage, 1-inch lengths
1 c. shirataki (yam noodles)
1/2 c. bamboo shoots, sliced 1/4-inch thick
6 shiitake (dried mushrooms), soaked in water to soften, discard stems and sliced or 12 fresh mushrooms, sliced
3 c. dashi
1/4 c. sake or sauterne
2 tsp. salt
1 tsp. soy sauce
pinch of m.s.g.
pinch of pepper

Arrange seafood and vegetables attractively on large platter. Combine dashi, wine and seasonings in a pan and bring to a boil. Add ingredients in a pan and bring to a boil. Add ingredients from the platter, combining a few of each ingredient at one time. Simmer, uncovered, until just cooked. Serve with hot steamed rice. Repeat, cooking and serving in relays.

For table cooking, an electric frying pan may be used. The seafood and vegetables may be arranged in the frying pan before heating and the dashi combined with sake and seasonings added to just cover the ingredients. Cook at 360° until done. Serves 6.

MIZUTAKI

(Chicken, Seafood And Vegetables Cooked in Broth)

This is a one-pot, do-it-yourself type of meal cooked at the table. A friendly and intimate style of entertaining during cold weather. A mongolian pot is available for cooking this popular and nutritious dish.

1 whole chicken breast, cut into 1-inch pieces
1/2 lb. fish fillet (sole, snapper, halibut), cut into 2-inch pieces
1/2 lb. scallops
1/2 lb. shrimp, cleaned and deveined
1 lb. celery cabbage, cut into 2-inch lengths
1 bunch green onions, cut into 2-inch lengths
1 lb. spinach leaves
1/2 lb. fresh mushrooms, halved
2 takenoko, sliced thin (optional)
1 large tofu, cut into 1-inch squares
4 c. chicken broth, dashi or water
kombu, 4-inch square
1/2 tsp. salt
1/4 tsp. m.s.g.

Ponzu Sauce (Dipping Sauce):

1/2 c. soy sauce
1/2 c. mirin
1/2 c. lemon or lime juice

Garnishes:

grated daikon
chopped green onions
grated ginger

Arrange chicken and seafood on a platter and vegetables on a separate platter and set on table.

Place electric skillet in center of table; put kombu at bottom of skillet and add broth. Set temperature at 375° and bring to a boil; season with salt and m.s.g. Add few pieces of chicken, seafood and vegetables. Adjust heat if boiling too rapidly. Add tofu. Cook 4 to 5 minutes. Each person helps himself to food of his choice, dipping it into individual bowl containing sauce. Add garnish, if desired.

Continue to add more ingredients to the skillet until all is cooked. Ladle soup to be enjoyed at the end of the meal. Serves 6.

BUTADOFU

(Pork And Bean Curd In Sauce)

1 lb. pork steaks, thin sliced
2 Tbsp. oil
1 medium onion, sliced lengthwise
3 Tbsp. miso
1 tsp. sugar
1 c. dashi
1 tofu, 4-inch cube
1 green onion, chopped

Thickening Sauce:

1/4 c. water
1 Tbsp. cornstarch
1 1/2 tsp. soy sauce
m.s.g.

In skillet, brown pork in oil. Sprinkle lightly with salt. Add onion and cook about 5 minutes until limp. In a small bowl, combine miso, sugar and dashi; add to pork and onions. Add tofu, which has been cut into 3/4-inch cubes. Blend carefully and simmer 5 minutes.

Combine thickening ingredients and add to pork mixture, stirring until thickened. Garnish with chopped green onions. Serves 5.

SASHIMI

(Sliced Raw Fish)

1 lb. fresh tuna, fresh sea bass or fresh striped bass
shredded lettuce
soy sauce

Condiments:

grated ginger
Colman's mustard, mixed with water to make a paste
grated daikon
wasabi (horseradish), mixed with water to make a paste

Remove skin and bones from fish (remove dark portions of tuna). Cut against grain into thin slices. Arrange on bed of shredded lettuce. Serve with soy sauce in small individual dishes, each diner adding condiments of his choice. Serves 4.

KAKI AGE

8 to 12 scallops, cut into small pieces
1 carrot, slivered
1 rib celery, slivered
1 bamboo shoot, julienne
1 onion, halved and sliced thin
oil (for frying)

Batter:

1 egg yolk
1 c. ice water
1/8 tsp. baking soda
1 c. flour

Dipping Sauce:

1 c. dashi
1/4 c. soy sauce
1/4 c. mirin
dash of ajinomoto

In a large bowl, combine egg yolk, ice water and baking soda. Sift in flour and mix lightly with chopsticks. Add

seafood and vegetables to batter. Drop in hot oil by spoonful. When slightly browned on one side, turn over to brown the other side. Drain on absorbent paper.

Combine sauce ingredients in saucepan; heat, but do not boil. Serve in individual bowls.

TAMAGO MAKI

6 eggs
1 tsp. salt
6 tsp. sugar
6 tsp. dashi
2 tsp. shredded shrimp (optional)
1 tsp. minced parsley (optional)

Beat all ingredients together until well mixed. Set electric frying pan at 380°, or slightly hotter. Grease it well, especially at the beginning. Pour enough of the egg mixture to spread evenly over the pan and when the top becomes set, but not dry, start rolling (like a jelly roll) and pull rolled mixture to the front of the pan. Add more mixture and roll together. Continue until mixture is all used. Use a little salad oil, if needed, before each addition. Cool; wrap in paper towel. Makes about 24 slices, depending on size of pan.

SALMON TERIYAKI

3 salmon steaks
1/2 tsp. salt

Sauce:

4 Tbsp. soy sauce
4 Tbsp. mirin or sherry
1 Tbsp. sugar

Salt salmon and broil until lightly browned. Dip into sauce and broil again, basting with sauce several times.

Sauce: Combine all ingredients.

SALMON WITH MISO SAUCE

4 salmon steaks
1/2 c. miso
2 Tbsp. sake or sherry
2 Tbsp. mirin
1/4 tsp. sugar
1 tsp. soy sauce

Sprinkle salt on salmon and set aside for about 1/2 hour. Wipe moisture off with paper towel.

Combine remainder of ingredients and rub mixture over surfaces of fish and let stand 10 to 15 minutes or longer. Broil 5-inches from heat for 5 minutes on each side or until cooked. Serves 4.

OYAKO DOMBURI

(Rice With Chicken And Egg)

4 c. hot cooked rice
1 c. chicken breast, sliced
1/2 c. dashi (and reserved shiitake water)
2 Tbsp. mirin
2 Tbsp. soy sauce
2 tsp. sugar
1/4 tsp. m.s.g.
2 shiitake (dried mushrooms)
1 takenoko, cut into thin strips
4 eggs, beaten
1 sheet nori, toasted and crumbled
2 green onions, chopped

Soak shiitake in 1/2 cup warm water with 1/2 teaspoon sugar added for 20 minutes. Discard stems and slice into thin strips. Reserve water. Combine shiitake and water with dashi, mirin, soy sauce, sugar and takenoko in a skillet and bring slowly to a boil. Add chicken and simmer 5 to 10 minutes. Pour eggs slowly over all and continue to cook until eggs are coddled. Spoon over hot rice in individual covered bowls. Garnish with green onions and nori, which has been toasted over low flame and crumbled. Place cover on bowls and serve immediately. Serves 4.

UNAGI DOMBURI

1 can unagi (eel fillets)
1/2 c. dashi
2 tsp. sugar
1 1/2 Tbsp. soy sauce
1 Tbsp. sake
1/4 tsp. m.s.g.
1/2 c. green peas, boiled
2 eggs, beaten
1 green onion, chopped
1/2 sheet nori
3 c. steaming hot rice

Remove unagi from wrapper, set aside. In small skillet, heat dashi, sugar, soy sauce, sake and m.s.g. Add unagi carefully and simmer until heated through. Add peas, simmer additional minute. Pour eggs slowly over mixture and cook over low heat until eggs are coddled.

To serve, place steaming rice in domburi or individual deep bowls. Spoon unagi-egg mixture over rice. Garnish with chopped green onions and nori, which has been toasted over low flame and crumbled. Serves 2 to 3.

UDON

(Japanese Noodles)

1/2 lb. udon
6 c. water

In a large saucepan, bring water to a boil. Add udon and stir. Bring to a boil, add 1/2 cup cold water. Bring to a boil a second time, add another 1/2 cup water and bring to a boil. Remove from heat, cover and let stand 7 minutes. Drain and place in colander. Run cold water over noodles. Drain. Just before serving, pour hot water over noodles. Drain and divide into bowls and add hot sauce. Serves 4.

Udon Sauce:

4 to 5 c. dashi
2/3 c. soy sauce
1/2 tsp. m.s.g.
1 tsp. sugar
dash of salt

Garnishes:

1/2 c. cooked chicken, sliced
4 mushrooms, sliced
4 green onions, cut into 1 1/2-inch pieces

Bring dashi to a boil. Add soy sauce, m.s.g., sugar and salt. Add garnishes and cook few minutes longer.

Variation: Kamaboko slices or boiled shrimp may be substituted for chicken.

NIKOMI UDON

(Noodles Cooked In Sauce)

1/2 lb. udon (Japanese noodles)
2 to 3 green onions, 2-inch pieces
4 shiitake (dried mushrooms)
1 chicken breast, sliced bite size
4 eggs
chopped green onions (for garnish)
chopped kamaboko

Soup:

4 c. chicken broth or dashi
1/3 c. soy sauce
1/3 c. mirin (optional)
1 tsp. salt
1 tsp. sugar
1/4 tsp. m.s.g.

Boil noodles. Cool with water. Drain and set aside. Soak shiitake in 1/2 cup warm water with a pinch of sugar added to hasten softening for 20 minutes. Discard stems; cut each in two. Add shiitake water to soup.

Make soup with chicken broth, soy sauce, mirin, salt, sugar and m.s.g. Add shiitake, green onions and chicken and cook 5 to 7 minutes. Add noodles and stir well. Drop eggs, one at a time, cover and cook 3 minutes or until eggs are poached. Serve in bowls, being careful not to break egg yolks. Garnish with chopped green onions and kamoboko.

SOMEN

3 bundles somen (1/2 lb.)
6 c. water

Sauce:

1/2 c. dashi
1/4 c. mirin (or 2 Tbsp. sugar)
1/3 c. soy sauce
dash of m.s.g.

Condiments:

2 green onions, chopped
grated ginger
1 sheet nori, toasted and crumbled

In saucepan, combine sauce ingredients. Bring to a boil. Refrigerate. In saucepan, bring water to a boil. Add somen and cook 3 minutes. Do not overcook. Put in colander and run cold water over them. Set aside. Put each condiment in small bowls.

To serve, place noodles in large individual bowls with crushed ice and serve with dipping sauce in individual small bowls. Add condiments according to individual taste. Serves 4.

UDON SUKI

1/2 lb. chicken meat, sliced thin
8 clams or scallops
8 mushrooms, fresh or dried
1 small head celery cabbage, 1 1/2-inch lengths
1/2 lb. spinach
5 c. dashi
1/3 c. soy sauce
1/4 c. mirin or sake
1 Tbsp. sugar
1/2 tsp. m.s.g.
1/2 lb. udon (noodles), boiled
lemon juice

If dried mushrooms are used, soak in 1 cup warm water with 1/2 teaspoon sugar added for 20 minutes. Discard stems and slice. Mushroom water should be used as part of dashi requirement. Wash and prepare spinach leaves. Drain. Combine dashi with soy sauce, mirin, sugar and m.s.g. in a small pitcher. Arrange chicken, clams and vegetables on large platter. Put noodles in bowl.

Cook in electric skillet at table before guests. Pour 2/3 of stock mixture into skillet and bring to boil. Add part of chicken, clams or scallops, vegetables and noodles. Cook 5 to 6 minutes over medium heat. Serve with some broth and sprinkle with lemon juice. Add remainder of ingredients and sauce, cook and serve. Serves 4 to 6.

KAMA-MESHI

2 c. rice
2 c. chicken stock
2 c. chicken, diced
1 carrot, slivered
2 dried mushrooms or 1/4 lb. fresh mushrooms, sliced
2 abura age, cut up (optional)
1/3 c. soy sauce
2 Tbsp. mirin
2 tsp. sugar
1/4 tsp. m.s.g.
1/2 c. green peas, boiled

Wash rice, soak 30 minutes and drain. Heat stock. Add vegetables, chicken, abura age and seasonings and cook over medium heat for 20 to 25 minutes. Cool. Into washed and drained rice, measure 2 cups liquid from cooked mixture. (Add stock or water to make 2 cups, if necessary.)

Cook rice in usual manner. In the final 15 minutes of steaming period, add cooked mixture and carefully mix together (cover with lid). Let stand another 10 minutes undisturbed before serving. Garnish with boiled green peas. Serves 5 to 6.

SEKIHAN

1/3 c. azuki
1 c. rice
1 c. mochigome
1/4 tsp. salt
black sesame seed, toasted

Wash azuki. Add 1 cup water and salt. Cook for 35 minutes or until beans are tender. Set aside.

Wash rice and mochigome together. Add azuki and 2 cup water, including liquid in whick azuki was cooked. Cook rice in the usual manner. Serve, garnished with black sesame seed. A dash of salt may be sprinkled on rice for added flavor.

GOMOKU RICE

3 c. rice, washed and drained
3 c. water
1 Tbsp. salad oil
1 c. boned chicken, cut in strips
2/3 c. gobo, pencil shaved
3 Tbsp. menmi
2/3 c. carrots, cut in strips
5 shiitake, soaked and cut in strips
1/2 c. snow peas or green beans, boiled and cut in strips

Heat oil in a cooking pot and add chicken with all the vegetables, except peas or beans. Saute for a few minutes. Add rice, water and menmi. Stir and bring to boil. Cover and continue to cook at lower heat for about 20 minutes. Turn off heat and let stand for another 15 minutes. Before serving, stir the peas.

OYAKO DONBURI

1 1/2 lb. chicken breasts
6 eggs
1 c. chicken stock
1 pkg. frozen peas
1/2 tsp. salt
1 Tbsp. sugar
2 Tbsp. shoyu
1/2 c. sliced green onions
pinch of ajinomoto
4 c. cooked rice

Remove bones from chicken and cut into small strips. Use bones for soup stock. Season with salt, sugar and shoyu. Cook chicken strips in seasoned stock. Add peas and green onion and cook until almost done. Add slightly beaten eggs and

cook until eggs are done, but not dry. Pour chicken mixture over rice in bowl, adding broth.

Lydia Ota

CRAB AND TOFU TEMPURA

1 pkg. imitation crabmeat
1/2 tsp. salt
1/4 c. + 1 Tbsp. flour
1/2 tsp. baking soda
1/2 block tufo, drained well
1 Tbsp. sugar
1/4 c. + 1 Tbsp. cornstarch
1 beaten egg

Combine all ingredients. Add chopped green onion, green beans and carrots. Mix all together. Deep fry. Drop by teaspoonful.

Tek Komure

SARDINE AND DAIKON

6 to 8 prepared sardine fillets (see "How To Filiet Sardine")
1/4 to 1/2 tsp. salt (optional)
1 tsp. sugar
1/4 c. sake
1 tsp. potato starch
1 egg, beaten
2 Tbsp. lemon rind
1 Tbsp. grated fresh ginger
oil
1 c. grated daikon
2 tsp. shoyu
1 Tbsp. sake
dash of chili pepper
2 stalks green onions, minced
dash of ajinomoto

Grind in suribachi or in food processor all ingredients. Form into patties and brown in skillet, which has oil heated.

Meanwhile, prepare daikon. Combine ingredients in large saucepan; bring to boil. Add browned patties. Stir gently until they are covered with daikon. Simmer with cover on until mixture appears clear. Serve in bowl with grated fresh ginger and sesame seed.

Mary Kato

HOW TO FILLET A SARDINE

(Or Any Small Fish)

Remove heat and entrails. Rinse thoroughly, pat dry. To bone, slash along the back, starting from top to the tail. Run both thumbs along the bone in the back to the stomach and

turn fish skin side down. Cut belly skin and tail side to separate. With thumbs placed between skin and meat on the backside, work skin away from meat, starting from the gill side, down toward tail and gently remove skin by "peeling".

TERIYAKI SAUCE

1 c. soy sauce
1 c. mirin
1 tsp. fresh ginger, grated
2 green onions, minced
1 c. sake
1 c. sugar
1 Tbsp. cornstarch

Mix all ingredients together. Stir as you simmer for 10 to 15 minutes. Serve with barbecued steaks or chicken.

Hatsu Honda

TERIYAKI SAUCE

(For Chicken Or Beef)

6 c. Kikkoman shoyu (soy sauce)
9 c. water
3 c. sugar
2 c. Takara Mirin (cooking wine)
2 cloves garlic or unpeeled ginger (optional)
1 Tbsp. ajinomoto
4 Tbsp, aka miso (red soy bean paste)

Mix all ingredients and boil. Then turn off heat and wait for the sugar to melt. Keeps for 2 months in a refrigerator.

For Yakitori Sauce, add some katakuriko (cornstarch) to the sauce.

Motoe Takahashi

CHICKEN CURRY

3 Tbsp. butter or margarine
2 apples, peeled and diced
1 onion, minced
4 Tbsp. flour
1 Tbsp. curry powder
3 c. chicken broth or 1/2 milk and broth
1/2 tsp. grated ginger
1 tsp. salt
1 1/2 Tbsp. soy sauce
1 medium carrot, diced and parboiled
2 c. cooked chicken

Melt butter in pan. Add apples and onion. Cook over low heat for 5 minutes, covered. Make a roux (white sauce) by adding flour slowly to prevent lumps and stir until smooth. Mix in curry powder, then broth and continue cooking until

smooth and thickened. Add grated ginger, soy sauce and salt, stirring constantly. Add chicken and carrots and heat thoroughly. Serve over steamed rice with Japanese pickles, if desired. Serves 4 to 5.

Note: Boiled shrimp may be substituted for chicken.

YAKITORI

2 chicken breasts, cut bite size
5 green onions, cut into 2-inch lengths

Ta-re:

1/2 c. soy sauce
1/2 c. mirin
2 Tbsp. sugar
2 tsp. miso
dash of m.s.g.

Mix Ta-re ingredients, except miso, in a small saucepan and cook about 10 minutes, until slightly reduced in quantity. Add miso and cook several minutes longer, stirring constantly. Cool. Marinate chicken pieces for 20 minutes. Skewer with green onions on bamboo skewers.

Brush skewers with sauce and grill on hibachi or broil in oven until lightly browned on each side. Baste several times with sauce during cooking. Serve immediately.

Variation: Green pepper chunks and button mushrooms may be added.

GLAZED BEEF

1 1/2 lb. sirloin steak
beef suet or salad oil
4 Tbsp. sake or sherry
3 Tbsp. soy sauce
1 Tbsp. sugar
1/4 tsp. m.s.g.
1 tsp. grated ginger

Cut steak into pieces, about 3-inch square. Heat frying pan and grease with suet or oil. Saute beef over high heat for 3 minutes on each side. Add sake. Combine remaining ingredients and add to beef. Lower heat to medium and cook 5 minutes longer until beef is glazed. Serves 4.

Variation: Glazed pork steak: Cook on low heat until tender.

BEEF KUSHIYAKI

1 flank steak, sliced thin diagonally
2 tsp. salad oil
1 tsp. sesame seed oil
2 Tbsp. sake
1 1/2 Tbsp. soy sauce
1 Tbsp. sugar
1 Tbsp. sesame seed, toasted and ground in suribachi
dash of m.s.g.
1 green onion, chopped
1 clove garlic, minced
1 tsp. grated ginger
4 or 5 dashed Tabasco sauce (optional)

Begin charcoal early for grilling meat. Combine all ingredients in a bowl and marinate for 30 minutes. Thread meat on bamboo skewers and place on grill. After several minutes, turn and grill other side for several minutes longer. Do not overcook. Repeat until all the meat has been grilled. Serve immediately.

NIKU DANGO

1 lb. ground or chopped chicken or 1/2 lb. ground chuck and 1/2 lb. ground pork
3 Tbsp. carrots, grated
1 tsp. grated ginger
2 egg yolks
1/4 tsp. salt
3 Tbsp. breadcrumbs
2 tsp. soy sauce
1/4 tsp. m.s.g.
oil (for frying)
flour

Sauce:

2 Tbsp. soy sauce
2 Tbsp. mirin
2 Tbsp. sugar

Combine ingredients, except sauce ingredients and mix well. Shape into small balls, dredge with flour and fry in small amount of oil.

Combine sauce ingredients in saucepan. Bring to a boil. Lower heat. Add meatballs and cook until sauce is almost gone. Skewer one or two meatballs on a toothpick. Repeat with remainder of meatballs.

SUKIYAKI

2 lb. rolled rib roast or boneless sirloin steak
1 large onion, sliced 1/4-inch thick
2 takenoko (bamboo shoots), sliced
1 lb. celery cabbage, 1 1/2-inch pieces
1 (8 oz.) can shirataki (yam threads)
1 bunch green onions, 1 1/2-inch pieces
edible chrysanthemum leaves or spinach leaves (optional)
1 c. mushrooms, halved
tofu, 3-inch cube and cut into 1-inch cubes
suet
6 eggs

Waridashi Sauce:

1/2 c. soy sauce
1/2 c. dashi
1/3 c. sugar
1/4 c. sake
1/4 tsp. m.s.g.

If rolled rib is used, ask butcher to partially freeze and slice very thin. When using sirloin steak, partially freeze and cut against the grain into slices 1/8-inch thick. Arrange beef slices and suet on a large platter.

Combine sauce ingredients and put in small pitcher. Drain liquid from shirataki and cut into 4-inch pieces. Arrange vegetables with shirataki and tofu on another platter. Place beef, vegetables and sauce on table.

Place electric skillet in center of table and heat to 360°. Render suet to liberally oil pan. Discard suet and add half of meat and cook 1 minute. Push meat to one side of skillet and add half of onion, takenoko, celery cabbage and shirataki, keeping each separate and half of sauce. Cook 2 to 3 minutes and add green onions, mushrooms and tofu and cook 2 minutes longer. Chrysanthemum leaves or spinach may be added during last minute of cooking period. Care should be taken that vegetables are tender, but remain crisp.

Each diner breaks egg into bowl and stirs with chopsticks. Food may be eaten directly from pan, dipping first into beaten egg, or transferred to individual plates. Continue cooking remainder of beef and vegetables with sauce, adjusting temperature so as not to overcook. A small amount of water or dashi may be added to sauce, if necessary. Serves 5 to 6.

TERIYAKI FLANK STEAK

1 1/2 lb. flank steak

Marinade:

1/2 c. soy sauce
2 Tbsp. salad oil
1/4 c. sherry
1/4 c. brown sugar
1/4 tsp. pepper
1/4 tsp. m.s.g.
1 to 2 cloves garlic, crushed
1 Tbsp. grated ginger

Combine marinade ingredients. Pour over flank steak; marinate for 2 hours, turning occasionally. Remove from sauce; broil about 5 minutes on each side.

To serve, slice thin diagonally against the grain. Pour pan drippings over meat. Serves 4 to 5.

TONKATSU

1/2 medium cabbage
2 lb. pork chops
2 eggs, beaten
flour and breadcrumbs
oil (for frying)
Tonkatsu sauce (available at Oriental stores)

Debone pork chops and remove fat. Salt and pepper and set aside for about 5 minutes. Dredge meat with flour, dip in eggs and roll in breadcrumbs. Fry the breaded meat in deep fat, turning often. When well browned, drain on paper towels. Serve with Tonkatsu sauce and shredded cabbage. (Remove leaves from cabbage and cut out the heavy vein. Cut leaves into and stack several together. Shred with a sharp knife.) Serves 5 to 6.

BATAYAKI

1 1/2 lb. sirloin steak
2 onions, sliced
1/2 lb. mushrooms, halved
1 bunch green onions, 1 1/2-inch pieces
butter
soy sauce (for dipping)

Slice beef thinly (partially freeze before slicing). Arrange on platter with vegetables and set on table. Preheat electric frying pan to 350°. Add a pat of butter and a portion of meat and vegetables. Cook several minutes.

Diner serves himself, dipping cooked ingredients into a small bowl of soy sauce. Hot mustard may be added according to

individual taste. Add butter and ingredients until all are cooked. Serve with rice. Serves 4.

Hot Mustard: Add hot water to 2 tablespoons Colman's mustard to make a paste. Put in a small bowl and set on table.

BEEF STUFFED ABURA AGE

4 abura age
1/2 lb. ground beef or pork
1 green onion, chopped
m.s.g.
1/4 lb. snow peas
1/4 tsp. sugar
1 tsp. soy sauce
1/4 tsp. ginger
1 tsp. cornstarch

Parboil abura age 15 to 20 minutes to remove oil. Drain and cut in halves. Combine beef, green onions, ginger, m.s.g., sugar, soy sauce and cornstarch. Stuff abura age with mixture.

Seasoned Dashi:

2 c. dashi
3 Tbsp. sugar
1/4 tsp. salt
2 Tbsp. soy sauce

Combine dashi ingredients. Bring to a boil and add filled abura age. Cover with lid (or plate) that drops into liquid. Cook slowly until half of liquid remains. Remove abura age.

Parboil snow peas in lightly salted water. Drain; add to sauce and cook several minutes. Combine with filled abura age and serve.

FRIED EGGPLANT WITH MISO SAUCE

1 medium eggplant
2 to 3 Tbsp. salad oil

Miso Sauce:

1/4 c. miso (soybean paste)
1/4 c. sugar
2 tsp. soy sauce
1 Tbsp. mirin or sake
1/4 tsp. m.s.g.

Pare eggplant in alternate strips. Cut into 1/2-inch slices and halve if large slices. Soak in water 10 to 15 minutes. Drain thoroughly and pat dry.

Meanwhile, combine sauce ingredients. Set aside. Fry eggplant slices in oil until lightly browned on each side.

Serve with sauce. Serves 5 to 6.

Variation: Green peppers are also delicious with miso sauce. Cut peppers in half and remove seed. Cut lengthwise in wedges. Fry in oil. Peppers should crisp. Serve with sauce.

KUROMAME

(Sweetened Black Beans)

2 c. (12 oz. bag) kuromame (black soy beans)
1 to 1 1/2 c. sugar
1 c. water
1 1/2 tsp. salt
2 Tbsp. soy sauce

Wash beans and soak overnight in 6 cups water. The next day, bring to a boil and cook over medium heat until beans become quite soft, 1 to 1 1/2 hours. Test by mashing a bean between thumb and finger, it should mash easily and feel smooth textured.

Combine sugar, water and salt in small saucepan and heat until sugar is dissolved. Add to beans and continue cooking for 10 to 15 minutes; remove from heat and let stand several hours or overnight.

Add soy sauce and cook until most of the liquid is absorbed. (If refrigerated, beans can be stored for 2 weeks.)

GRAPEFRUIT KANTEN

1 grapefruit
1 stick red kanten
1 c. water
1 c. sugar
1 Tbsp. lemon juice
1 c. grapefruit juice

Cut grapefruit lengthwise into. Scrape out juice and pulp and leave shells. Reserve juice.

Wash and squeeze kanten to remove water. Break up kanten into small pieces and soak in 1 cup water for 30 minutes. Bring to a boil in saucepan. Add sugar and cook 10 minutes. Cool; add grapefruit juice and lemon juice and strain through a fine sieve. Pour into grapefruit shells; refrigerate until harden. Slice into wedges and serve.

PINEAPPLE GELATIN

2 sticks kanten
2 1/4 c. water
2 c. sugar
2 tsp. lemon extract
13 1/2 oz. can crushed pineapple, drained well

Rinse kanten and squeeze out water. Break into small pieces and soak in water for 30 minutes. Boil until dissolved. Add sugar and cook 10 to 15 minutes, or until mixture comes to a boil. Remove from heat. Strain through fine sieve; add extract and pineapple. Pour into a flat 8 x 8-inch or 9 x 11-inch pan. Cool (may be placed in refrigerator). Cut into slices and serve. Serves 10 to 12.

KURI MANJU

(Baked Manju)

1/2 c. butter
1 c. sugar
3 eggs
1 c. buttermilk
1 tsp. baking soda
4 1/2 c. flour
4 tsp. baking powder
1 tsp. salt

Sift together flour, baking powder and salt. In a large bowl, cream butter and sugar well; add eggs, one at a time, beating well. Add flour mixture alternately with buttermilk and baking soda, which have been combined.

Shape dough by teaspoonful, flatten and enclose Shiro-An, sealing inside dough. Bake in 350° oven for about 28 minutes. Top of manju may be brushed with egg beaten with a little milk before baking to give it a sheen. Makes about 50 manju. When working with dough, use plenty of cornstarch or katakuriko (potato starch) while shaping. Bake on greased cookie sheet.

Shiro-An (White Bean Paste):

1 lb. dry lima beans
2 c. sugar
dash of salt

Soak beans overnight. Slip skins off before cooking. Place beans in pot with water to cover and cook until soft. Add sugar and salt and cook until mixture is almost dry and

forms a ball, about 30 minutes, stirring constantly. When cooking, add as little water as possible. If there is too much water in the pot, it takes much longer to cook to the stiff stage. Yield: 50 "An" balls.

KINTON

(Sweetened Lima Beans)

1 lb. dried lima beans (large)
2 c. sugar
1 tsp. salt
1/3 c. mirin (sweet wine)

Wash and boil lima beans in 6 c. water for 1 to 1 1/2 hours until soft. (Test by mashing between thumb and finger, it should mash easily and feel smooth textured.)

Add sugar, salt and mirin and continue cooking, stirring frequently, until liquid is absorbed. Mash a portion of cooked beans with potato masher and mix well with unmashed part. Cool and serve as sweets.

Note: 1 to 1 1/2 teaspoons powdered green tea may be added to the mashed beans before combining with unmashed beans.

MANJU

3 c. flour
1 c. sugar
4 tsp. baking powder
1 tsp. salt
1 tsp. m.s.g.
3 eggs, beaten
1/2 c. Mazola oil
2 Tbsp. milk
1 tsp. vanilla

Cut 44 squares of wax paper, 2 1/2 x 2 1/2-inch. Set aside.

Combine flour, sugar, baking powder, salt and m.s.g.; sift twice. Put in bowl. In separate bowl, combine eggs, Mazola oil, milk and vanilla; pour into flour mixture and mix well. Wrap in wax paper and place in refrigerator to chill about 1 hour. If dough is too soft, add more flour; if too stiff, add a little milk.

Roll out dough, 1/4-inch thick and cut with 2-inch biscuit cutter. This makes about 44 pieces. Wrap each "An" ball with cut out dough, being careful to completely enclose "An". Place each on a piece of wax paper. Place in steamer over boiling water and steam gently for 15 minutes. If water is boiling too vigorously, manju will crack. Yield: 44 manju.

MOCHI MANJU

"An" made into balls about 1-inch diameter. Set aside.

1 lb. mochiko
1/2 tsp. salt
1/2 c. sugar
2 c. water (food coloring may be added)
1 box rice flour or cornstarch

Mix mochiko, salt and sugar together. Add water and stir to the consistency of dough. Divide dough into. Place wet cloth in steamer and place 1/2 of dough on top. Steam for 15 to 25 minutes. Test by sticking dough with a wet toothpick; if it comes out clean, it is ready.

Place dough in bowl and pound and knead with potato masher or suribachi stick until "sticky" in consistency. Remove from bowl and place on board, sprinkled with rice flour or cornstarch. Pinch off dough, about 1 1/2-inch in diameter; flatten in palm of hand and place on "An" ball on top. Wrap dough completely around the "An". Pinch ends together and shape into small mound. Repeat until all dough is used. Steam other half of dough and repeat process. Makes about 50.

BOTAMOCHI OR OHAGI

Mochi:

1 c. mochigome (mochi rice)
1/2 c. rice
1 1/2 c. water

Combine two kinds of rice. Wash and cook as in boiled rice. While rice is still warm, mash rice partially with a wooden rod (suribachi stick) or wooden spoon dipped in water. Form into balls, about 1-inch in diameter slightly flattened. Enclose rice balls with a layer of "An". Yield: 24.

Note: To make a smooth surfaced ohagi, place a dampened cloth in palm of hand; place about 3 tablespoons of "An" over it and flatten slightly. Place rice ball in center of "An" and using corners of cloth, form into a smooth ball. Repeat until all rice balls are used.

ZENZAI OR SHIRUKO

(Red Bean Soup With Dumplings)

1 c. azuki (red beans)
6 c. water
1 1/4 c. sugar
1/2 tsp. salt

Dumplings (Dango):

1/2 pkg. mochiko (rice flour)
water

In a saucepan, add water and azuki and bring to a boil. Reduce heat to medium and cook until beans are soft, about 2 hours. Measure 5 cups azuki liquid, adding water, if necessary. Add sugar and salt and cook 15 to 20 minutes longer.

Add enough water to mochiko to make a stiff dough. Knead well. Pinch off small amounts; roll into tiny balls, about the size of marbles. Make a slight dent on one side. Set aside.

Bring azuki soup to a boil. Add dumplings, one at a time. The dumplings will rise to the surface when cooked. Serves 5 to 6.

Note: Toasted mochi (rice cakes) may be substituted for dumplings. Place mochi in individual bowls; pour soup over it and serve.

STEAMED FISH

(Chinese Style)

3 to 4 lb. whole striped bass or white fish
1/2 c. miso
1 tsp. grated ginger
1/2 c. soy sauce
1/2 c. salad oil
2 green onions, chopped

Make 3 slits on each side of fish. Combine miso and grated ginger. Spread over fish and into slits. Steam for 20 to 25 minutes (or steam fish on rack in covered roasting pan on top of stove). In separate saucepan, heat soy sauce and oil to boiling.

To serve, place fish on platter and pour soy sauce and oil simultaneously over fish. Garnish with green onions. Serves 4.

LOBSTER CANTONESE

1 (1 1/2 lb.) live lobster or
3 lobster tails
2 Tbsp. black beans
2 Tbsp. salad oil
1 clove garlic, minced
1/2 tsp. grated ginger
1/4 lb. lean ground pork
1 tsp. salt
1/8 tsp. pepper
1 tsp. sugar
1 1/2 c. chicken broth
1 Tbsp. cornstarch mixed with
2 Tbsp. water
2 eggs, beaten

Wash lobster and pat dry. Chop off claws and legs; chop body at joints and crack. Split lobster and clean. Chop meat with shell attached in small pieces. Rinse black beans in water and finely chop; set aside.

In a skillet, heat oil with garlic, ginger and black beans. Add ground pork; fry until it is cooked. Add lobster; stir-fry 1 minute. Add salt, pepper, sugar and broth; simmer for 10 minutes. Thicken with cornstarch water mixture. Remove skillet from heat; stir in eggs. Serves 3 to 4.

CHICKEN CHOW MEIN

1 lb. fresh noodles
1 lb. bean sprouts
3/4 lb. breast of chicken
1/4 lb. lean pork
1/4 c. sliced bamboo shoots
1/4 c. sliced water chestnuts
4 shiitake
1 c. thinly sliced celery
1 c. thinly sliced onions
1 c. Bok Choy, cut in 1-inch
Char siu
egg (optional)
green onions, sliced
1 c. chicken broth
1 Tbsp. cornstarch
2 tsp. shoyu

Marinate chicken and pork, which have been sliced into 1 x 1/2-inches in 3/4 tablespoons sake, 1 1/2 tablespoons shoyu, 1 1/2 teaspoons cornstarch and 3/4 tablespoon sesame oil. Set aside.

Prepare noodles according to instructions, drain (do not rinse), place in pan and mix with 2 tablespoons shoyu and 2 tablespoons peanut oil. Set aside.

In hot skillet (wok is better), pour 3 tablespoons peanut oil and quickly cook pork until meat turns grey. Add chicken and continue to cook until chicken turns white.

Meantime, soak shiitake until soft, then remove stems and slice into thin strips. Remove cooked meat and set aside. Add a little more oil and sprinkle about 1/4 teaspoon salt in wok. Quickly, stir-fry onions and celery. Remove and set

aside. Place bamboo, water chestnuts and shiitake in wok and stir-fry rapidly. Add meats and cook for several minutes. Add Bok Choy and cook 2 minutes. Add celery, onions and bean sprouts. Cook for another 2 minutes. Salt and pepper (white) to taste. Blend cornstarch with broth and shoyu. Add to meat and vegetable. Pour over pan fried noodles and garnish with thinly sliced char siu, green onions and eggs.

Mary Kato

KURI MANJU

5 1/4 c. sifted flour
2 tsp. baking powder
2 tsp. baking soda
5 eggs (save 2 yolks for glaze)
1 3/4 c. sugar
3/4 c. salad oil
2 Tbsp. fresh milk
1/4 tsp. yellow food color
2 egg yolks
2 Tbsp. canned milk
1/4 tsp. soy sauce
poppy seed

Measure flour, baking powder and baking soda into sifter and sift twice. In large mixing bowl, beat the eggs slightly, then add sugar, salad oil and fresh milk with yellow food color. Beat with electric mixer until light and fluffy. Add flour mixture, blend and mix thoroughly with wooden spoon. Cover with dish towel for few minutes.

Grease 3 large cookie sheets. Divide dough into 6 parts. Roll each part to form a rope and cut into 10 pieces for 60 count or 12 pieces for 72 count. Wrap around prepared "An" and place on cookie sheet. Brush each one with egg glaze made by mixing the egg yolks, canned milk and soy sauce. Top with pinch of poppy seed. Bake in 350° or 375° oven for 15 to 20 minutes, or until golden color. Cool on brown paper bag to blot excess oil.

To store, line large pot with paper towel and pile the manju lightly into the pot, then cover with paper towel. (Do not cover in airtight container.) This prevents the manju from becoming sticky. Keep in freezer; do refrigerate.

P.S. Work one rope at a time, keep the rest of dough covered with dish towel. As soon as one cookie sheet is ready, put into the oven and start on the second sheet and do the

third one while the second is baking. This will keep manju in shape.

Mae Ogawa

LIMA BEANS "AN"

2 lb. large lima beans (if using loose baby lima beans, 5 1/2 c.)
4 1/2 c. sugar
1 tsp. salt
1/4 tsp. green or red food color (optional)

Soak lima beans overnight or 6 to 7 hours and drain. Rub together roughly to remove most of skin off. Add water and bring to boil, about 25 minutes and drain. Add enough water (2-inches above the beans) and boil until soft on medium heat. Set timer for 1 hour. Stir the bottom once or twice. Beans should be soft in 2 hours. Test by pressing the beans. Cover and set aside.

Put beans into the masher and turn the handle, saving all the pulp and liquid. Discard the skin from the strainer. Repeat until all beans are mashed and strained. Add water, if necessary. Put all the pulp and liquid into a flour sack and squeeze all the liquid out by pressing. Put the squeezed "An" into a large stainless steel pot. Add sugar, salt and color and mix with "shamoji". Cook on medium heat for 50 to 55 minutes, or until "An" is thick (use timer). Stir the bottom constantly with "shamoji". If "An" starts sputtering, lower the heat. Put the cooked "An" in a large bowl; cover with double paper towel and cloth.

When cold, divide "An" into 4 quarters. Each quarter makes 20 balls or oblong "An". Wrap 20 balls in foil (4 x 5-inch) and slide it in the quart size freezer Ziploc bags. Yield: 80 "An".

Michie Fujiki

LIMA BEANS "AN"

(60 To 72 Pieces)

4 c. lime beans
3 c. sugar
1 Tbsp. margarine or 1 1/2 Tbsp. Mazola oil
1/2 tsp. salt

Wash thoroughly to rid sand and cover with water and soak overnight. Next, day rub the beans hard to loosen skins. Set the pot under the running water to let the skins float out. Some need to pop by hand.

Change water, add enough water to cover the beans. Bring to boil. Drain. Do this twice. Third time, add water 2-inches over the beans and cook until soft and mushy. Save all the water with mushy beans.

First, set the sieve in deep pot with water added. Pour some of this water and beans into the sieve. Let the bean pulp drop into the water by rubbing against the sieve. Empty the waste skin each time until its all done; pour this water and pulp into a strong cloth bag and squeeze out the water until almost dry. Then put this into large stainless pot and add the sugar, margarine or oil and 1/2 teaspoon salt.

Mix extra good and set the pot on abesto pad over very low flame. Stirring often not to burn, need constant mixing the last 1/2 hour. Takes about 2 hours. Consistency like mashed potatoes. Cool and shape into like a brick by packing in 1/2 gallon milk carton. Set it overnight in refrigerator. Then cut in 60 or 72 pieces. Shape oblong for Kuri Manju.

Mae Ogawa

YAKI MANJU

5 c. Gold Medal flour
2 tsp. baking soda
1 3/4 c. sugar
5 eggs (1 c.)
1/4 tsp. yellow food color
2 tsp. baking powder
3/4 c. Mazola oil
2 Tbsp. Carnation can milk

Topping:

2 egg yolks
1/4 tsp. shoyu
2 Tbsp. Carnation can milk
poppy seed

Sift flour, baking soda and baking powder twice. In large Tupperware salad bowl, add sugar, Mazola oil, eggs, can milk and food color. Beat well with mixer. Add dry ingredients all at once and mix well with wooden spoon. Cover with dish cloth, about 15 minutes.

Heat oven to 350°. Grease large aluminum cookie sheet (14 x 17-inch) with butter. Sprinkle flour on the dough and

divide into 4 quarters. Each quarter makes 20 balls. Spread the dough with finger tips and cover the ready made "An". Line the "manjus" on the buttered cookie sheet. Polish twice with soft brush (be careful not to let it drip). Bake 20 minutes (do not overbake), use timer. Cool slightly before moving with a spatula. Put the "manjus" on a flat cake pan and cover with dish cloth until cold. Cello-wrap each (6 x 6-inch Handi-Wrap). Yield: 80 "manjus".

Michie Fujiki

MITSUMAME

1 stick kanten (red or white)
1 3/4 c. water
1/2 c. sugar
1 can Mandarin oranges
2 c. melon balls (any type)
1 small can fruit cocktail

Shred and rinse kanten in cold water. Soak water. Let set for 30 minutes. Heat until kanten dissolves. Add sugar and cook for 15 to 20 minutes. Add a drop of flavoring extract (vanilla, peppermint, almond or cinnamon). Strain into a small square cake pan, 8 x 8-inch. Chill until hard. Cut into 1/2-inch cubes.

Mix fruits together. Add kanten cubes and toss gently. Pour chilled azuki topping over fruit. May be served in individual parfait glasses. Garnish with stemmed maraschino cherries or mint leaves.

Azuki Dessert Topping:

1 c. azuki
5 c. water
1/2 tsp. salt
3/4 c. sugar

Rinse azuki and cover with cold water; soak overnight. Drain, rinse under running water. Drain and add 5 cups water; bring to boil and continue to boil for 3 minutes. Drain and discard water.

Add 4 cups water with salt. Bring to boil; reduce heat and simmer, covered and cook until tender, about 2 hours, stirring occasionally. Stir in sugar and bring to boil, stirring until sugar is melted. Add more sugar, if sweeter taste is desired. Remove from heat and chill before serving over ice cream or Mitsumame.

MOCHI MANJU

2 c. mochiko
1 1/2 c. water
1 1/2 c. sugar

Mix ingredients well until smooth. Room temperature "An" (20 balls). Rinse cloth, 20 x 20-inch and "shiboru" lightly. Spread inside and over the top of steamer. Pour the mixture and overlap the cloth on the "mochi" and cover. Steam for 20 minutes (use timer). Flour the board with "katakuriko". Lift the two corners of the cloth and shake the cloth, so the "mochi" will gradually fall on the floured board. Be careful not to put "katakuriko" inside the "mochi".

Flip the "mochi" over and pat with "katakuriko" a few times and "momu" in long length. Divide the mochi in half and cut into 10 pieces each to make 20 "mochi". With fingertips, spread and flatten the "mochi". Put "An" in center and pinch the bottom to close. Cover with dry cloth. Cut pink "yokan" with "sakura" cutter and slice thin. When the "mochi" is cold, place thin slice of "sakura" on top and cello wrap.

Michie Fujiki

RAISED AN PAN DOUGH

7 c. sifted flour
1/2 tsp. salt
3 c. milk, scalded
1/4 c. sugar
2 pkg. dry yeast
1 cube soft margarine
1/2 c. soft shortening
3 eggs, slightly beaten
1/2 c. sugar

Sift flour and salt. Add scalded milk and sugar. When lukewarm, add dry yeast, mix and cool.

In large Tupperware bowl with lid, beat soft margarine, soft shortening, eggs and 1/2 cup sugar with electric beater until light and fluffy. Add cooled milk mixture, mix and then add the flour mixture. Blend and knead, make a round mound, then put the lid on. Let it rise to double the size. Punch down and knead again and let it rise again.

Cut in 6 parts and roll each one like a rope and cut into 8 pieces. Wrap around "An", line on greased cookie sheet, 1 1/2-inches apart. Press each one down slightly, then brush

each one with canned milk. Let it rise until double. Bake in 375° oven 10 to 12 minutes or golden brown. Cool on wire rack. After cooled, put in large pot, lined with paper towel. Just pile them in and cover with paper towel, then put the lid on. Makes 48 to 54 "An" Pan.

Mae Ogawa

CHINESE BOW

8 c. flour
1/2 c. sugar
1 tsp. salt
1/2 c. shortening
2 eggs, slightly beaten
2 pkg. yeast
1 1/2 c. milk
1 1/2 c. warm water

Combine flour, salt and sugar. Add shortening and mix well by hand. Add eggs and mix. Mix warm water and milk. Mix yeast with small amount of milk mixture. Add to dough and mix well. Add remaining liquid. Knead until right consistency. Cover with wet cloth and let rise, about 2 hours. Knead again and make buns (bow). Cover with wet cloth to keep from drying.

To form buns, make round flat patties 3 to 5-inches in diameter. Place 1 teaspoon or more filling in center and pull all sides up and over filling. Twist together to seal and invert so that joined side is on bottom. Put on squares of wax paper, about 2 x 2-inch or 3 x 3-inch. Steam for 20 minutes in single layer on rack, leaving 1 1/2-inches between each bun.

Cooked Fillings:

Char Siu (barbecued pork) diced, with seasonings of little hoy sein sauce, soy sauce, chopped green onion and Chinese parsley, if on hand.

Char Siu and cured Chinese sausage (lop cheung) diced with the seasonings. The lop cheung is steamed for 15 minutes previously. About 3/4 pound Char Siu and 1/4 pound lop cheung for the recipes. Family favorite.

Diced cooked pork, mushrooms, bamboo shoots and water chestnuts.

Elsie Kagehiro

SOY SAUCE CHICKEN

3 1/2 to 4 lb. whole fryer chicken
1 1/2 c. hot water
1 whole star anise
3/4 c. soy sauce
1/4 c. dark Chinese soy sauce
1/3 c. brown sugar
2 Tbsp. honey
3 Tbsp. rice wine
1 Tbsp. malt vinegar
2 large cloves garlic, mashed
4 slices fresh ginger
1/4 c. slivered green onions
1/4 c. Chinese parsley, cut into 1-inch lengths

Clean thoroughly, rinse well and drain chicken. In 6-quart pot, boil water with anise for 15 minutes. Add mixture of soy sauce, sugar, honey, wine and vinegar with garlic and ginger, bring to boil, lower heat and simmer for 5 minutes.

Add whole chicken, cover and bring to boil over medium heat; lower heat and simmer for 20 to 25 minutes. Turn chicken over and cook another 20 to 25 minutes. Remove from pot, allow to cool and cut into serving pieces. Arrange on platter, pour a little of sauce, which has heated and garnish with green onions and Chinese parsley. Serves 6 to 8.

Do not discard remaining sauce; may be used to cook smaller pieces of chicken. Freeze or refrigerate leftover sauce.

Mary Kato

CHINESE POT ROAST CHICKEN

3 1/2 or 4 lb. whole fryer chicken
3 Tbsp. cornstarch
1/4 c. oil
2 Irish potatoes, cut in half
2 c. water
5 Tbsp. water
2 tsp. cornstarch
parsley

Seasoning:

1/4 c. shoyu
3 Tbsp. sherry wine or whiskey
2 Tbsp. oyster sauce
2 tsp. sugar
1 tsp. salt
1 clove garlic, chopped
1 tsp. ginger, grated
1/4 tsp. 5 spices
1/2 tsp. m.s.g.

Wash and dry chicken. Rub with cornstarch inside and outside. Brown chicken in oil and remove from pot. In another pot, add all seasonings with 2 cups water and boil. Add potatoes and chicken and simmer 30 minutes. Turn chicken and

simmer another 30 minutes. Remove from pot when chicken is done. Chop chicken into small pieces. Mix 5 tablespoons water and 2 teaspoons cornstarch and add to gravy; pour over chicken and potatoes. Garnish with parsley.

PRESSED PEANUT CHICKEN

1 large chicken
1/2 tsp. salt
1/4 c. broth (from boiled chicken)
1 egg, beaten
1 Tbsp. cornstarch
2 tsp. salt

Place chicken in a pot; add water to cover. Add 2 teaspoons salt; boil for about 1 1/4 hours. Cool. Remove from bones and shred meat.

Mix together 1/2 teaspoon salt, broth, egg and cornstarch. Pour mixture over shredded chicken; mix. Line 9 x 13-inch pan with waxed paper and press the chicken in. Sprinkle with cornstarch. Cool in refrigerator for at least 1/2 hour. Invert pan on waxed paper and sprinkle with cornstarch. Cut into 4 and fry in hot oil until brown on both sides. Cut into pieces, about 1/2 x 1 1/2-inches. Place on shredded lettuce.

Sauce:

1 c. broth
1/2 c. sugar
3 Tbsp. vinegar
1/3 c. catsup
1 tsp. ajinomoto
pinch of salt

Bring to boil the broth, sugar, vinegar and catsup. Add ajinomoto and salt. Thicken with cornstarch mixed with water. Pour over chicken and top with chopped peanuts.

Sachi Itaya

SWEET AND SOUR CHICKEN WINGS

40 chicken wings
8 oz. can tomato sauce
1 tsp. ginger
1 c. white sugar
14 oz. bottle ketchup
1 tsp. dry mustard
1 c. brown sugar

Remove tip of chicken wings. Separate at the joint of each wing. Place in rectangular casserole dish. Mix remaining

ingredients and pour over wings to cover. Bake, uncovered, for 2 hours at 350°.

Alice Hattori

TINFOIL CHICKEN

2 c. sliced chicken, into bite size (skin removed)
1 tsp. sesame oil
2 Tbsp. soy sauce
1/4 to 1/2 tsp. 5 spices
1 tsp. whiskey
2 Tbsp. Hoisin sauce
1/2 tsp. garlic salt
1/2 tsp. sugar
2 green onions
2 Chinese sausages (optional)
2 tsp. chopped cilantro
2 tsp. cornstarch
1/4 tsp. ginger juice
aluminum foil, cut into 4 x 4-inch or 5 x 5-inch squares

Marinate chicken with rest of ingredients for about 1/2 hour or more before making the tinfoil chicken. Place a teaspoon of chicken on top of the shiny side of foil, folding in triangle and seal sides. Deep fry in hot oil. Meat will brown. May be frozen (do not cook if to be frozen).

Note: One pound chicken breast and 1 pound thigh equals 2 cups.

Eiko Kato

TIN FOIL CHICKEN

3 chicken breasts (6 pieces)
3 to 4 thighs
1 tsp. food Accent
1 Tbsp. fresh minced ginger or 1/2 tsp. powder
2 cloves minced fresh garlic or 1 tsp. powder
6 Tbsp. Chinese soy sauce
4 stalks green onion, minced
2 Tbsp. sugar
2 Tbsp. bourbon
4 large full Tbsp. Chinese mixed sauce
4 Tbsp. minced Chinese parsley (optional)

Cut foil into about 4-inch squares, or whatever size you prefer.

Bone and slice thin chicken. In large mixing bowl, mix rest of ingredients. Add the chicken to sauce and mix well. Marinade at least an hour, even overnight.

To taste test, wrap one and put in boiling water for 2 minutes. Add shoyu, mixed sauce or whatever to suit taste.

Wrap securely, folding edges carefully, otherwise will pop open when cooking. If you wish, put a slice of Chinese sausage in each.

Heat 1-inch of oil (peanut or salad). Place the wrapped chicken in hot oil and cook 1 minute on each side. Can be made ahead and frozen and warmed in oven later.

Yoneko Ryuto

MUU SHUI PORK

2 to 3 shiitake, shredded
2 stalks green onion, shredded
5 eggs, beaten with 1/2 tsp. salt
1/2 lb. lean pork
1 small can sliced bamboo shoots or water chestnuts

Put 1 teaspoon oil in wok. Heat until hot; add bamboo shoots and shiitake. Stir-fry quickly. Add salt to taste. Remove to plate.

Put 1 tablespoon oil in same wok. Heat until hot; add pork shreds. Stir-fry until cooked. Add to plate.

Wash wok and dry. Again, add 3 tablespoons oil, heat and pour in beaten eggs and scramble it into pieces until almost dry, not too dry. Then add bamboo shoots, shiitake and green onion. Toss lightly. Serve with Hoisin sauce or Plum sauce.

CHINESE FRIED WALNUTS

6 c. water
4 c. California walnuts
1/2 c. sugar
salad oil
salt

In 4-quart saucepan, over high heat, heat water to boiling. Add walnuts and heat to boiling; cook 1 minute. Rinse walnuts under running hot water. Drain. Wash saucepan and dry well.

In large bowl, using rubber spatula, gently stir warm walnuts with sugar until sugar is dissolved. (If necessary, let mixture stand 5 minutes to dissolve sugar.)

Meanwhile, in same saucepan over medium heat, heat about 1-inch of salad oil to 350° on deep fat thermometer (or heat oil according to manufacturer's directions in deep fat fryer set at 350°).

With slotted spoon, add about half of walnuts to oil; fry 5 minutes or until golden, stirring often. With slotted

spoon, place walnuts in coarse sieve over bowl to drain; sprinkle very lightly with salt. Toss lightly to keep walnuts from sticking together. Transfer to paper towels to cool. Fry remaining walnuts. Store in tightly covered container. Makes 4 cups.

Helen Honda

KOREAN STYLE SQUID

3 lb. squid
1 tsp. garlic salt
3 Tbsp. lemon juice
2 stalks green onion, chopped
1 round onion, thinly sliced
1 red chili pepper, chopped
2 Tbsp. sesame seed, toasted
1/4 c. sesame oil

Clean squid. Score slightly and slice in 1-inch strips. Bring 2 cups water to a boil. Add garlic salt. Add squid strips and stir in boiling water for 1 minute (do not overcook). Drain and cool.

Mix remaining ingredients together to make sauce. Marinate cooked squid in sauce overnight.

Dorothy Egi

KOREAN CHO-JANG SAUCE

1/4 c. vinegar (brown cider vinegar)
2 tsp. red paprika
1 piece ginger (1/2 the size of little finger), finely chopped
2 large cloves garlic, crushed
3 stalks green onion, finely chopped
1/4 c. dark brown sugar, firmly packed
hot green pepper (if desired), remove seed and slice fine
1/2 c. shoyu
1/2 tsp. black pepper

Mix together all ingredients. Shake well.

PANCIT BIHON GUISADO

(Sauteed Rice Sticks)

1 small chicken
1/4 lb. pork
1/4 lb. shrimp, shelled, deveined and halved
1 tsp. salt
1 medium onion, thinly sliced
1 Tbsp. patis (fish sauce)
2 green onions, chopped
2 hard-cooked eggs, shelled and quartered

1/2 tsp. pepper
1 medium carrot, cut into strips
1 1/2 c. shredded cabbage
3 Tbsp. cooking oil
2 cloves garlic, minced
1 lb. bihon (ricer vermicelli or rice sticks), soaked in warm water for 15 minutes and then drained
1 Tbsp. lemon juice
1/4 c. patis

Cover chicken and pork with water in a pot and bring to a boil. Simmer 15 minutes. Drain, cut save broth. Remove meat from chicken and cut into small pieces. Cut pork about the same size as chicken pieces.

Saute garlic and onion in hot oil in large skillet. Add pork, chicken and patis. Saute for 3 minutes. Add about 2 cups broth and simmer for about 10 minutes. Stir in shrimp and vegetables. Bring to a boil. Reduce heat and add bihon, salt and pepper. Cook, stirring until bihon is tender. Add more broth, if mixture becomes too dry before noodles are done.

Serve hot garnished with quartered eggs, green onions and lemon wedges. Serve patis with lemon juice in a small bowl for extra seasoning. Serves 6 to 8.

Edith Christensen

FEATHER BISCUIT DOUGH FOR AN-PANN

3 c. fresh milk
1/2 c. sugar
2 pkg. dry yeast
7 to 7 1/4 c. flour
3 eggs, slightly beaten
1 cube soft margarine
1/2 c. Crisco
2 Tbsp. light Karo
1/2 tsp. salt
1/2 tsp. yellow food coloring (optional)

Scald fresh milk; while hot, add sugar. Stir. When lukewarm, add dry yeast. Mix and set to cool.

Measure into the sifter the flour. Sift twice.

Into large Tupperware with lid, beat eggs slightly and add soft margarine, Crisco, Karo, salt and food coloring. Add milk mixture to egg mixture. Blend. Add dry ingredient mix and knead a mound. Cover with lid and let it rise to double size. Knead it down and let it rise again. Then turn the whole dough onto a floured board. Knead and cut into 4 parts. Then cut each into 12 pieces. Wrap "An" and line it on a greased cookie sheet, 1 1/2-inches apart. Work one part at a time.

After it is done, brush each one with fresh milk and

sprinkle top with poppy seed (optional). Let them rise to double size, then bake at 375° to 400° for 10 to 15 minutes, or until golden brown. Makes 4 dozen. Cool on wire rack. Wrap each one with Saran Wrap to keep fresh.

Always add sugar to the scalded milk. This makes yeast rise.

MOCHI

2 c. mochiko
1 c. sugar
1/4 c. Karo syrup
1 1/2 c. water
food coloring or yomogi (which has been parboiled in hot water and baking soda)

Mix all the ingredients, except the yomogi. Steam for about 20 minutes. Add chopped yomogi and steam for another 10 minutes. Take out in suribachi and pound until well blended. Take out on well floured with katakui board. Knead for a little while, pinch off a little at a time and wrap around "An" ball.

CUSTARD MOCHI

1 cube butter
1 3/4 c. sugar (or less)
4 eggs
4 c. milk
2 Tbsp. vanilla
2 c. mochiko
3 Tbsp. baking powder

Beat sugar and butter. Add eggs, one at a time and beat. Add milk and vanilla and beat. Shift mochiko and baking powder and add to egg mixture and beat. Spray 9 x 13-inch pan with Pam. Pour into pan and bake at 350° for 1 hour.

SHOYU POT ROAST OF BEEF

3 to 5 lb. cross rib roast or chuck roast

Marinade:

1/3 c. vinegar
2 Tbsp. sugar
2 pieces ginger (size of quarter), chopped
salt and pepper (own taste)
1/2 c. shoyu
1/3 c. sake
2 cloves garlic, mashed
1 tsp. ajinomoto (optional)

Marinate pot roast for 1 1/2 to 2 hours, or overnight in

refrigerator, turning it occasionally. Remove roast from marinade, save the marinade sauce. Dredge roast with flour and brown in bacon fat or salad oil, on all sides.

Add 1 1/2 to 2 cups water to marinade sauce and pour into roast and cook slowly for 2 to 3 hours. Slice 1 or 2 round onions and add to roast while cooking, if desired.

R. Dobana

KOROKE

2 c. mashed potato (without milk or butter)
1 c. ground meat, cooked
salt and pepper to taste
dash of cayenne pepper
1/2 c. canned corn, well drained
1/2 c. frozen peas, blanched and drained
1 egg, slightly beaten with 1 Tbsp. water
cornstarch
breadcrumbs

Combine potatoes, meat, seasoning, corn and peas. Form into patties (3-inch diameter), coat with cornstarch, dip in egg, roll in breadcrumbs and refrigerate for at least 2 hours.

Brown in deep fat for 3 to 5 minutes. Drain.

Note: 1/2 ground round and 1/2 ground lean pork may be used.

Mary Kato

KASUTERA

5 eggs
2/3 c. sugar
1/4 c. honey
3/4 c. flour
3/4 tsp. baking powder
2 Tbsp. confectioners sugar

Grease 9 x 9-inch pan and dust with flour. Beat eggs. Add sugar gradually and the honey. Beat until thick, about 10 minutes. Sift flour with baking powder into egg mixture. Beat only until smooth. Pour into prepared pan and bake at 350° for 30 minutes. Cool on rack for 10 minutes. Remove from pan and cool completely on rack. Dust with confectioners sugar. To serve, cut into squares.

Friend of a Member

JELLO MOCHI

1 box mochiko

Syrup:

3/4 c. water
2 Tbsp. jello (any flavor)
2 1/4 c. water
3 c. sugar

Steam mochiko for 20 minutes. (Mix with water first.)

Syrup: After mixing the sugar, jello and water, boil slowly for 20 minutes. Pour steamed mochiko into syrup and blend. Use katakuriko in 9 x 13-inch pan and pour jello mochi. Cut when cool.

KUROMAME

1 bag (2 c.) kuromame
5 c. water
1 1/2 c. sugar
1 1/2 tsp. salt (optional)
1 tsp. baking soda
1/4 c. shoyu
1 pkg. chestnuts
konbu or wakame, washed and cut (optional)

Night before: Mix water, sugar and other seasonings. Stir until sugar dissolves. Wash beans and put into mixture and soak overnight. Add chestnuts and wakame, bring to boil over high heat and continue to boil for 5 minutes. Lower heat and simmer with cover for 5 hours (without removing lid); let cool with lid on until completely cold. Be sure to cook over low heat to prevent beans from burning.

T. N. Suzuki

KABOCHA WITH SESAME MISO SAUCE

kabocha

Sesame-Miso Sauce:

6 Tbsp. red miso
1 Tbsp. mirin
2 Tbsp. sugar
4 Tbsp. dashi soup
3 Tbsp. black sesame seed (ground)

Wash seed and cut kabocha into pieces. Steam or microwave until tender.

Prepare Sesame-Miso Sauce by combining all ingredients together into a pan; stir over very low heat until mixture

looks glossy. Arrange steamed kabocha on serving platter and pour or serve with Sesame-Miso Sauce.

Holly Fukano

BRAISED DRIED SHIITAKE

1 pkg. shiitake
5 Tbsp. oil
1 1/2 tsp. sugar
2 Tbsp. soy sauce
1/4 tsp. m.s.g.
1 tsp. sesame oil
1/2 c. broth
salt to taste

Soak mushrooms in lukewarm water for 20 to 30 minutes and remove stems. Heat oil and fry mushrooms for several minutes. Add sugar, soy sauce and broth, cover and simmer for 25 minutes. Add sesame oil and m.s.g. before serving either hot or cold.

Irene Nakano

ONISHIME

chicken
renkon (cook in vinegar until white)
carrots
gobo
konyaku, cut with cup
bamboo
daikon (boil first)
1 c. dashi
salt to taste
3 Tbsp. shoyu
1/2 tsp. mirin
2 Tbsp. salad oil
2 Tbsp. sugar

Fry meat with salad oil. Add vegetables and sugar. Cook until ingredients shine. Add dashi, both with shoyu, mirin and salt. Cook until no juice remains. Add chikuwa last.

Lydia Ota

SENBEI

2 1/2 c. mochiko
2 1/2 c. flour
4 Tbsp. sugar
1 tsp. salt
1/2 tsp. baking soda
3 Tbsp. sesame seed
1 Tbsp. Ao Nori Ko (bottled)
3 tsp. baking powder
2 c. water
oil (for frying)

Tare:

1/2 c. shoyu
1/2 c. sugar

Mix dry ingredients together and add water gradually.

Knead until mixture is bread dough consistency. Divide into 2 parts and set aside for 2 hours, so it will be workable. Roll out and cut in cracker size. Heat oil to 375° and deep fry until brown.

Cook the 2 tare ingredients together until the sugar melts. Brush tare on the senbei, then put on a cookie sheet. Dry overnight in oven. (Pilot light is sufficient for heat.)

OKOSHI WITH RICE KRISPIES

2 (8 oz.) boxes Rice Krispies
1/2 c. peanut butter
1 c. sugar
1/2 c. water
1 pt. white syrup

Warm Rice Krispies in a large pot over very low heat. Add peanut butter and mix well. Keep warm while syrup is boiled. Combine sugar, water and syrup; boil until mixture pulls stringy when tested in cold water. Then pour into the Rice Krispie mixture and blend well with wooden spoon or shamoji (rice paddle). Lightly grease oblong cookie pan. Pour mixture onto cookie pan and spread out smoothly, pressing lightly to make it firm. Turn content over a flat surface and smooth out lightly with a rolling pin to again make it firm. Cut into desired size.

Mae Ogawa

CHINESE CHICKEN SALAD

3 chicken breasts
salt
1/2 tsp. fresh or dry ginger
1 head lettuce
3 to 6 green onions
1 pkg. or 1/2 c. toasted sliced almonds
1/4 c. toasted sesame seed
1/2 pkg. rice sticks (cellophane noodles)

Dressing:

4 Tbsp. sugar
1 tsp. salt
1 tsp. Accent
1/2 tsp. pepper
4 Tbsp. vinegar
1/2 c. salad oil

Add salt and ginger to water and boil chicken breasts for 20 minutes. Shred chicken. Toast sliced almonds and sesame seed in oven. Break rice sticks into 3-inch pieces, brown in hot oil and drain on paper towel. Combine salad

ingredients.

Dressing: Combine sugar, salt, Accent, pepper and vinegar and dissolve over low heat. Add 1/2 cup salad oil and cool. Add to salad just prior to serving.

Satoko Miyai

GLOSSARY

aemono	flavored foods
abura age-age-agedofu	fried bean curd
aji	Spanish mackerel
ajinomoto	monosodium glutamate
an	bean jam
awasezu	seasoned vinegar
azuki	small red bean
beni shoga	red pickled ginger root
bok choy	Chinese green
char sui	roast pork
chawanmushi	egg custard
chikuwa	fish cakes
Chinese bow	bun filled with meat or bean
chiso	beefsteak plant
daikon	Japanese white radish
daikon oroshi	grated radish
dango	dumpling
dashi	soup stock
dashi-no-moto	powdered soup base
donburi	bowl
ebi	shrimp or prawns
funyu	fermented bean cake
gobo	burdock
goma	sesame seed
gu	filling for sushi
hakusai	Chinese cabbage
harusame	potato starch noodles
hokki gai	Japanese red clams
hoisin jeong (sauce)	red plum sauce
hon dashi	soup base
horenso	spinach
iriko	small dried sardines
kabocha	Japanese pumpkin
kamaboko	fish cake
kanpyo	dried gourd strips
kanten	gelatin from seawood
kara age	kara age
katakuriko	potato starch
katsubushi	dried bonito shavings
katsuo	dried bonito

kinako	soybean flour
kinshi tamago	egg
koimo	taro
ko-ko	pickled vegetable
kome jiru	water from washing rice
kombu	dried seaweed, kelp
konnyaku	gelatinous cake-root starch
koshian	strained bean jam
koyadofu	dried bean curd
kuri	chestnut
kuromame	Japanese black bean
matsutake	tree mushroom
mai-fun	rice sticks
makizushi no su	small bamboo mat
manju	bun with bean jam
mirin	sweet rice wine
miso	soybean paste
mitsuba	Japanese parsley
mizu ame	malt honey
mochi	rice cakes
mochigome	sweet rice
mochiko	sweet rice flour
moyashi	bean sprout
nagaimo	Japanese yam
namasu	vinegared salad
nam yue (nahm yui)	red bean curd sauce
nasubi	Japanese eggplant
ng heung fun	five spices
nishime	vegetables cooked in shoyu
nori	seaweed
oboro	shredded shrimp
owan	lacquered soup bowl
pako	star anise
ponzu	vinegar-shoyu sauce dressing
py mei	rice sticks
rakkyo	pickles scallions
saba	mackerel
sai fun	mung bean thread
sake	rice wine
sake no kasu	sake lees
sato imo	taro
sashimi	raw fish
sekihan	rice cooked with azuki

shibu kaki	persimmon
shichi mi	chili powder
sansho	powder pepper
shiitake	dried mushroom
shingiku	edible chrysanthemum
shirataki	yam noodles
shiratamako	rice powder
shoga	ginger root
shoyu	soy sauce
soba	buckwheat noodles
somen	vermicelli
sudare	bamboo sushi mat
sunomono	salad
suribachi	earthenware bowl for grinding
suri kogi	pestle for grinding
sushi	seasoned rice
takenoko	bamboo shoots
takuwan	pickled Japanese radish
tare	dip
tatsukuri	small dried sardine
tempura	Japanese fritters
tofu	bean curd cake
togan	winter melon
tororo imo	Japanese yam
tsukemono	pickled vegetable
udon	noodles
ume	Japanese plum
unagi	eel
uri	cucumberlike melon
wakame	kelp, seaweed
wasabi	horseradish
won ton	Chinese ravioli
won ton ki	thin noodle-like dough
zaru	sieve made of bamboo

We thank the members and their friends who contributed their recipes for this book.

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COOKING HINTS

1. Your powdered sugar frosting will stay moister and harden slower if a pinch of baking powder is added to it.
2. If you have oversalted or scorched a dish of food, try adding a handful of sliced apples to it and keep cooking.
3. If your cake is too hot to cut and you cannot wait for it to cool, try using unwaxed dental floss instead of a knife.
4. Freeze your marshmallows. They won't dry out, and they will be easier to slice.
5. To prevent cheese from molding, before storing, spread cut side with butter, then wrap.
6. For firmer whipped cream, use powdered sugar instead of granulated sugar.

1. To store vacuum bottles or any tight containers, put in a piece of newspaper. This keeps the inside fresh and it never smells.
2. For handy fresh garlic flavoring, cut up cloves of garlic and store in a jar with salad oil. Use the flavored oil for marinating meats and making salad dressings.
3. If you are watching calories, add a sprinkle of salt to applesauce or rhubarb and you'll need less sugar.
4. To make the water boil quickly in the bottom of a double boiler, add a pinch of salt.
5. When cutting plastic containers or styrofoam, use a heated knife blade. Cutting will be easy and smooth.
6. If potatoes are boiled for about five minutes before baking, you will have table-ready potatoes after 30 minutes baking time.
7. To prevent potato chips from getting crushed in lunch boxes, put chips in zip-lock bags and do not push air out. Air acts as cushion and chips will not get broken as easily.
8. Bake potatoes for a crowd in cupcake pans for easy handling.
9. When stuffing a chicken or other poultry, insert a heel from a loaf of bread to close the pocket. This eliminates sewing the bird's cavity and dressing stays inside.
10. To transport sharp knives to a picnic, insert the blades into a sponge. This avoids knife cuts and the sponge can be used for cleaning.
11. To keep pickles from shriveling, add one heaping tablespoon of alum to first salt water.
12. If brown sugar has hardened, rub the solid chunk back and forth over the kitchen grater.

Household hint: To clean a small necked bottle or decanter place 2 tablespoons rice in it and fill halfway with vinegar. Shake well to clean and polish the inside.

13. To carry a hot casserole to a potluck, place a thick magazine inside a large paper bag. Slide the casserole into the bag on the magazine. You can then hold it on your lap without getting burned.
14. To keep deviled eggs from sliding on the dish, cut a bit of the rounded bottom off and mix it with the yolks.
15. To remove white rings on your furniture made by wet glasses or vases, use a mixture of camphorated oil and cigar ashes. Apply with a Q-tip, a chamois or a soft cloth. Use like a cleanser. Keep rubbing and the mark will come out. It may take doing 2 or 3 times. Then polish the entire surface with furniture polish.

COOKING DEFINITIONS

Baste: To pour drippings or sauce over food as it roasts to keep moist.

Blend: To mash or mix two or more ingredients together until all flavors are blended.

Braise: To simmer seared meat in covered pan, using small amount of liquid.

Cream: To make soft, smooth and creamy by beating together or rubbing with a back of spoon.

Dredge: To coat thoroughly with flour.

Fold: To combine ingredients by cutting vertically down through the mixture with spatula or spoon and gently lifting a portion to a new spot.

Mince: To chop ingredients very fine.

Saute: To fry in small amount of fat.

Simmer: To cook at very low heat (mixture is not visibly boiling).

SUBSTITUTIONS

When the recipe calls for:	You can use:
1 Tbsp. cornstarch	2 Tbsp. all-purpose flour (for thickening)
1 whole egg	2 egg yolks plus 1 Tbsp. water
1 c. homogenized milk	1 c. skim milk plus 2 Tbsp. butter or margarine or 1/2 c. evaporated milk plus 1/2 c. water.
1 oz. unsweetened chocolate	3 Tbsp. cocoa powder plus 1 Tbsp. butter or margarine.
1 tsp. baking powder	1/2 tsp. cream of tartar plus 1/4 tsp. baking soda
1 c. sifted cake flour	7/8 c. sifted all-purpose flour (7/8 c. is 1 c. less 2 Tbsp.)
1/2 c. (1 stick) butter or margarine	7 Tbsp. vegetable shortening
1 c. sour milk or buttermilk	1 Tbsp. white vinegar plus sweet milk to equal 1 c.
1 clove fresh garlic	1 tsp. garlic salt or 1/8 tsp. garlic
2 tsp. minced onion	1 tsp. onion powder
1 Tbsp. finely chopped fresh chives	1 tsp. freeze-dried chives
1 tsp. dry leaf herb	1 tsp. chopped fresh herbs
1 c. dairy sour cream	1 Tbsp. lemon juice plus evaporated milk to make 1 c.
1 c. catsup or chili sauce	1 c. tomato sauce, plus 1/2 c. sugar and 2 Tbsp. vinegar
1 tsp.dry mustard	1 Tbsp. prepared mustard
1 Tbsp. cornstarch (for thickening)	2 Tbsp. flour (approximately)
1 c. fresh milk (sweet)	1/2 c. evaporated milk plus 1/2 c. water
1 c. sour milk or buttermilk	1 Tbsp. lemon juice or vinegar plus enough fresh milk to make 1 c.
1 sq. unsweetened chocolate (1 oz.)	3 Tbsp. cocoa plus 1/2 tsp. shortening
1 c. honey	3/4 c. sugar plus 1/2 tsp. liquid
1 c. canned tomatoes	about 1 1/3 c. of cut-up fresh tomatoes, simmered 10 minutes.

TABLE OF WEIGHTS AND MEASURES

This	Is Equivalent to	This
1 Tbsp.		3 tsp.
1/4 c.		4 Tbsp.
1/3 c.		5 1/3 Tbsp.
1 c.		16 Tbsp. or 8 oz.
1 pt.		2 c.
2 pt.		1 qt.
1 gal.		4 qt.
1 lb.		16 oz.
1 lb. butter or fat		2 c.
1 lb. flour		4 c.
1 lb. whole wheat flour		3 3/4 c.
1 lb. corn meal		3 c.
1 lb. sugar		2 1/4 c.
1 lb. powdered sugar		3 1/2 c.
1 lb. brown sugar		3 c.
1 lb. rice		2 c.
1 lb. potatoes		2 c., diced
1 lb. cheese		4 c. grated
juice of 1 lemon		3 Tbsp. (approximately)
juice of 1 orange		1/2 c. (approximately)

CAN CONTENTS

8 oz.	1 c.
Picnic	1 1/2 c.
No. 300	1 3/4 c.
No. 1 Tall	2 c.
No. 303	2 c.
No. 2	2 1/2 c.
No. 2 1/2	3 1/2 c.
No. 3	4 c.
No. 5	7 1/3 c.
No. 10	13 c.

VEGETABLES

Celery	2 stalks (1/4 lb.) = 1 c.
Mushrooms	1 lb. fresh = 16 oz. can
Onion	1 medium chopped = 1/2 c.
Onion	1 small = 1 Tbsp. instant minced or powder
Onion	1 c. chopped = 1/4 c. instant minced or powder

CRUMBS

Graham crackers	12 = 1 c. fine crumbs
Salted crackers	20 = 1 c. fine crumbs
Bread (fresh)	1 slice = 1/2 c. soft crumbs
Bread (dry)	1 slice = 1/3 c. dry crumbs

MEATS

Without bone (such as ground beef)	1 lb. = 4 servings
Boney (such as spare ribs)	1 lb. = 1 serving
Moderate bone	1 lb. = 2 to 3 servings

MISCELLANEOUS

Coconut: 4 c. grated plus 2 c. boiling water = 2 c. coconut milk
Marshmallow creme: 1 c. = 16 large marshmallows
Shrimp: 3/4 lb., raw in shell = 1 c. cleaned
Yeast: 1 package active, dry = 1 Tbsp. or 1 cake, compressed

SPICES AND SEASONING

Garlic	1 clove fresh	=	1/8 tsp. powder
Ginger	1 Tbsp. fresh	=	1/8 tsp. powder
Herb	1 Tbsp. fresh, chopped	=	1 tsp. dried
Horse radish	1 Tbsp. fresh	=	2 Tbsp. bottled
Mustard	1 Tbsp. prepared	=	1 tsp. dried

SUGARS

Brown	1 lb.	=	2 1/4 c. firmly packed
Granulated	1 lb.	=	2 c.
Powdered	1 lb.	=	3 1/2 c. sifted
Saccharin	1/4 grain	=	1 tsp. sugar
Sucaryl solution	1 Tbsp.	=	1 c. sugar

DAIRY PRODUCTS

Butter	1 lb.	=	2 c.
Cheese	1 lb. grated	=	4 c.
Bleu cheese	1/2 lb. crumbled	=	3/4 to 1 c.
Cottage cheese	1/2 lb.	=	1 c.
Cream cheese	3 oz. package	=	6 Tbsp.
Cream cheese	8 oz. package	=	1 c.
Cheese spread	5 oz. jar	=	1 1/2 c.
Cream	1 c. whipping	=	2 c. whipped

EGGS

1 medium whole egg	=	1/4 c.
2 egg whites	=	1/4 c.
3 egg yolks	=	1/4 c.

FRUITS

Apple	1 medium	=	1 c. sliced
Apple	3 medium	=	1 lb.
Banana	3 medium	=	1 lb. or 2 1/2 c.
Candied fruit	1/2 lb.	=	1 1/2 c.
Dates	7 1/4 oz. pkg.	=	1 1/4 c.
Lemon	Juice of 1 medium	=	2 to 3 Tbsp.
Lemon	Rind of 1 medium	=	2 to 3 tsp.
Mangoes	1 lb.	=	3 c. sliced
Orange	juice of 1 medium	=	1/3 to 1/2 c.
Orange	rind of 1 medium	=	2 to 3 Tbsp.
Raisins	15 oz. pkg.	=	2 1/2 to 3 c.

TABLE OF WEIGHTS AND MEASURES

When the recipe calls for:	**You start with:**
5 1/2 c. cooked fine noodles	8 oz. pkg. fine noodles
4 c. sliced raw potatoes	4 medium size potatoes
2 1/2 c. sliced carrots	1 lb. raw carrots
4 c. shredded cabbage	1 small cabbage (1 lb.)
1 tsp. lemon rind (grated)	1 medium size lemon
2 Tbsp. lemon juice	1 medium size lemon
4 tsp. grated orange rind	1 medium size orange
4 c. sliced apples	4 medium size apples
2 c. shredded Swiss or Cheddar cheese	8 oz. piece Swiss or Cheddar cheese
1 c. soft bread crumbs	2 slices of bread
1 c. egg whites	6 or 7 large eggs
1 c. egg yolks	11 or 12 large eggs
4 c. chopped walnuts or pecans	1 lb. shelled walnuts or pecans

BEVERAGES

COFFEE:	1 lb. regular grind plus 2 gal. water	=	40 servings
	2 oz. jar instant plus 1 gal. water	=	25 servings
	6 oz. jar instant plus 4 gal. water	=	90 servings

CEREALS

Macaroni	1 c. uncooked	=	2 1/4 c. cooked
Noodles	1 c. uncooked	=	1 1/4 c. cooked
Spaghetti	1 c. uncooked	=	2 1/2 c. cooked
Rice	1 c. uncooked	=	3 to 3 1/2 c. cooked

HELPFUL COOKING HINTS

- The secret of good tempura is the batter and the secret of a good batter is to avoid overmixing. An overmixed batter causes a heavy and too crusty tempura.
- To prevent curry from curdling, never boil the sauce after adding the coconut milk, and add salt just before serving.
- To make sour cream for cooking, measure a tablespoon of vinegar or lemon juice into a measuring cup, fill the cup with milk and blend thoroughly.
- Kanpyo can be cooked fast by the following method: first rinse, rub salt, rinse and then cook.
- To roast sesame seeds, heat frying pan, put seeds in, shake pan until seeds pop, and brown.
- Soak tofu in salted water for a while to prevent tofu from crumbling.
- Sukiyaki tastes better when cast iron skillet is used.
- Pan should be well heated before putting the oil in.
- Ginger and garlic must be slightly brown before putting the meat or vegetables in.
- Salt meats after cooking to prevent toughening.
- If food becomes slightly burned in cooking, set the saucepan in cold water and it will take the burnt taste.
- When boiling potatoes, put a little bacon grease or cooking oil in the water to eliminate the sticky ring at the top of the pan. They will not affect the taste of potatoes.
- A little cooking oil added to the water will prevent vegetables, macaroni, or rice from boiling over.
- A little water thrown over popcorn before it is popped will make it more flaky.

- If a boiling egg becomes cracked, add a teaspoon of salt to the water. The salt will close the crack in the egg shell.
- For easier preparation, parboil koimo or araimo and peel skin off.
- Add a little vinegar in boiling water to prevent discoloration of lotus root.
- Add a little vinegar and salt in boiling water to retain bright color of carrots.
- Mash or crush ginger and garlic for better flavor.
- After peeling onion, rub celery salt over the hands before washing. The odor will disappear.
- To make onion juice cut a slice off the onion, then squeeze as you would an orange, on a reamer.
- Inexpensive tea is delicious when pan roasted.
- Uncooked rice roasted in pan and mixed with the tea leaves adds to the flavor of tea.
- For crystal clear iced tea, use three teaspoons of tea for each measuring cupful of cold water. Steep in refrigerator overnight, then strain. Serve with a spring of mint and a pineapple spear.
- A slice of green papayas added to the barbecue sauces will help tenderize the meat.
- To tenderize chicken and other fowl, rub inside and outside with lemon juice after cleaning and before dressing the fowl. This also removes the fowl odor.
- Soak liver and fish fillets in milk about half an hour before frying. This takes the smell away and also tenderizes. Salt after cooking.
- For crunchy chicken, wash chicken under running water and rub with mashed ginger. Coat wet pieces of chicken with half and half mixture of flour and cornflakes crumbs or other crumbs. Let stand half an hour before frying. Salt after cooking. Chicken will be crunchy even when cold.
- When frying small fish, sprinkle Hawaiian salt in the hot oil before frying. Fish gets crispy and has a nice flavor.
- When slicing sushi, to prevent stickiness, wipe the knife blade lightly with butter.
- You can cut meringue pie cleanly by coating both sides of the knife lightly with butter.
- Do not throw away any leftover rice. Accumulate it in the refrigerator and use it for fried rice and rice soup. Cooked rice will keep about 10 days in the refrigerator.
- If cheese becomes dry, soak it in buttermilk to return it to normal freshness.
- To keep the yolks of raw eggs fresh for days, drop unbroken into a bowl of cold water.

- Cheese should be kept in the refrigerator, wrapped tightly in foil or plastic wrappings.
- Chili pepper, garlic and ginger freeze well. Keep them in the freezer and use as needed.
- To freeze mangoes, slice and sprinkle them with sugar, about a tablespoon to a cup of slices. They will have a better texture and flavor when thawed than mangoes frozen without sugar.
- All-purpose flour doesn't need to be sifted. Stir it with a spoon or hand and just loosen the flour before measuring.
- When icing a cake, the icing will not run off if a little flour is dusted on the surface of the cake.
- Cool a freshly baked cake away from drafts. A draft can cause your cake to fall.
- Use bay leaves to discourage weevils in your flour, pancake flour, etc.
- To remove fruit stains from your hands, moisten cornmeal with vinegar and rub over hands.
- To keep out surfaces of avocados from turning dark, dip in or sprinkle with fresh lemon or lime juice.
- Prepare guava pulp in an electric blender. Wash ripe guavas, trim and cut into quarters. Put into blender with a little water; blend briefly. Strain to remove seeds.
- Uncooked pineapple (including frozen) contains an enzyme which prevents gelatin from setting. Always cook the fruit or use the canned product.
- To prevent jam from sticking, rub inside pan bottom with salad oil.
- Fried bacon, allowed to cool, then grated over a vegetable salad, imparts a delicious flavor.
- Using a meat thermometer is the only way to insure that the roast or turkey will be juicy and cooked to the proper doneness. Cooking times are only a guide.
- Better success is had by cooking candies fast.
- When slicing fish, rub cooking oil on knife blade to prevent fish from breaking.

HOUSEHOLD HINTS

- Grease the threads on glue and nail polish bottles with vaseline or shortening, and they won't stick shut.
- A good "scratch remover" for natural wood is mineral oil. Nutmeat (pecans, walnuts, and peanuts) are wonderful for removing scratches from all kinds of furniture. Use the broken side of the nutmeat--just rub the scratch gently.
- To remove white water marks from table tops, apply mayonnaise and rub it in. Let stand and wipe clean with a soft cloth an hour later.
- If your frying pan is hopelessly black from years of use, pour in some tomato juice and let it soak for 30-40 minutes. Then it is easy to wash the pan as clean as new.
- To clean a pot that has burnt food stuck to the bottom, boil some vinegar in it, let it stand for one hour. Then wash in soap and water.
- Tomato juice is very effective in removing spots of rust or ink on clothes or hands. Be sure to rinse thoroughly after applying.
- A raw potato rubbed on painted surfaces will remove many spots (grease, pencil, etc.). Go over woodwork afterward with a damp sponge.
- Water in which potatoes have been cooked is an excellent silver cleaner. Soak the silver in the still warm water for a few minutes, then rinse in hot water. Dry and polish.
- Lipstick stains can be removed from linen by soaking in milk for half an hour, then washing in hot, soapy water.
- To remove baby milk stains: 1 cup water softener, 3/4 cup clorox. Agitate 3-4 minutes. Let soak 10 minutes, finish cycle. Run a second time with just 1 cup softener. DO NOT USE detergent either time.
- Use newspaper to dry windows instead of a cloth, no streaking.
- To keep fingermarks off light switches and door knobs, paint with colorless nail polish.
- If you like fresh flowers in the house but hate to scrub vases, try this. Fill the vases with warm water plus 1 tablespoon of bleach and let stand for 10 minutes. If any leaf particles or stems are stuck on, especially in small-necked vases where a bottle brush cannot reach, drop in a handful of small stones and swish them around. Then rinse. The bleach kills bacteria, insuring longer life for the next bouquet.
- To renew and freshen a sponge, soak it overnight in salt water.
- Out of baby powder? Cornstarch is a good substitute. Out of baby oil? Use mineral or vegetable.
- To clean the dial hole on your telephone, dab a cotton swab in liquid cleaner.

- If windows, drawers, or zippers stick, rub them with paraffin.
- Button saver. Dab transparent nail polish on the center of buttons. This seals the threads so they will not unravel.
- Use nail polish remover to remove gum from furniture and floors. Before using on painted surfaces, test a small spot first for fastness.
- To loosen trading stamps or uncancelled postage stamps that have stuck together, place in freezer for a few hours.
- Place rubber bathtub appliques on the seat of a high chair to keep baby from slipping down.
- Nail polish remover can be used to take off purple price marks that transfer onto kitchen counters from frozen food or meat packages, or wipe over them with a tissue paper or paper towel moistened with lemon extract.
- Wear your gloves while washing them so that you can scrub the finger tips.
- To keep pillowcase mates together, fold them as one after laundering.
- To clean tarnished copperware: Clean with a solution of lemon juice, salt and vinegar (1 tablespoon salt, 1 tablespoon vinegar). Cut lemon in half and dip into salt and vingar. Rub on copper.
- When something spills or cooks over in the oven, sprinkle salt immediately. When the oven is cool, use a pancake turner and pick up the burnt debris. Wipe with a damp cloth.
- A piece of charcoal placed in your refrigerator will eliminate odor.
- When painting woodwork, coat the door knobs, locks, etc., with vaseline so that the paint can be easily wiped off if it splashes on these.
- Keep your house smelling sweet. Place a few drops of oil of cinnamon or lemon in the vacuum cleaner bag and as you vacuum, the air smells wonderful.
- When children's shoes are scuffed badly and don't seem to take polish, simply rub them with a piece of raw potato and then apply the polish. They will shine like new.
- Instead of using an aerosol room deodorant, boil six whole cloves in a pint of water twenty minutes to give the house a spicy fragrance.
- Another room deodorant that works well in the bathroom is a kitchen match. Light it and let it burn for a moment. The sulphur dispels unpleasant odors, then disappears itself.
- For stubborn perspiration stains on clothing, soak the garment in a strong salt solution, 1/2 cup salt to 1 cup water, for one-half hour before laundering.
- Tomato stains on clothing can be persistent. Wash the stained garment in warm water with your usual detergent. Then lay it, stained side up, outdoors on the grass in a sunny spot to dry. Do not be impatient; it may take 3 to 4 hours for the spot to disappear.

- Place a cake of your favorite toilet soap in a piece of seldom-used luggage to keep it from smelling stale.
- Use a small date book for noting all car repairs, tire rotation, oil change, etc., and keep handy in the glove compartment of your car. A handy reference if you keep it up to date.
- If your car has three seat belts and also shoulder straps, mark corresponding fastener ends with one, two or three dots of bright colored fingernail polish to eliminate confusion. You'll know at a quick glance which parts of straps buckle together. Even small children are able to fasten seat belts correctly the first time.
- To pick up small chips of broken glass, dampen a paper towel. Chips stick very well.
- When sewing with slippery materials, such as lingerie fabric, place a large terry cloth towel beneath the section of the fabric you are not sewing to keep it in place.
- Spray wax your ash trays. Ashes will not cling, odors will not linger and they can be wiped clean with a paper towel.

HOUSEHOLD HINTS -AMMONIA

- For floors, you need something stronger--ammonia. Do not use it on wooden floors, but for any type, it is the best cleaner to cut grease and dirt. Unless you are fussy, you will not need to rinse afterwards.
- For regular cleaning, use 3 tablespoonfuls to 1 gallon water. If you have a wax buildup, use a heavy solution, 1 1/2 cups ammonia to 1 gallon water. But choose a breezy day when you can open the windows to air out the house.
- Clean dirty hairbrushes and combs with ammonia. Give them a half-hour soak in the bathroom sink with 4 tablespoons of ammonia to the sinkful of hot water.
- When cleaning oven, nothing does the job as well as ammonia. Mix it with water, about 1/3 cup to 1 quart of warm water, and scrub the interior of the oven, then rinse. Or you can set a small bowl of ammonia in the oven for half an hour to loosen the soil before you clean it.

HOUSEHOLD HINTS--BAKING SODA

- Vacuum bottles left in a child's lunchbox overnight present an odor problem. To clean them, fill with warm water, stir in 2 teaspoons of baking soda, then tear a piece of newspaper into small bits and poke it down into the soda water. Let the bottle stand for 15 minutes, then rinse and dry. The newspaper absorbs the sour odor.
- This once a week drain cleaner keeps drains running smoothly without harsh chemicals. Pour 2 tablespoons of soda, 1/2 cup of vinegar, and 1 quart of water (warm) into the drain. Let stand one-half hour.
- As a effective cleaner for painted woodwork, walls, tiles, and glass surfaces, use 3 tablespoons of soda to quart of warm water.
- Do you have a grease spot on the rug? To prevent the grease spot from setting permanently, remove as soon as possible with dry baking soda. Brush the soda into the stain and let it set overnight. Vacuum the following morning.
- Use dry baking soda on a damp cloth to clean counter tops. It is gentle and will not scratch the surface.
- A little dry baking soda on a damp cloth will polish a toaster or coffee pot to a high gloss.

HOUSEHOLD HINTS--VINEGAR AND LEMON

- Home sewers like this time-tested for pressing a sharp crease in clothing. Use 1/2 cup white vinegar and 1/2 cup water. Wring the press cloth out of this solution and press. It works especially well for wash and wear clothing.
- The same white vinegar solution will help remove a permanent crease (say a hem needs to be let down). Sponge the material liberally with the solution and press flat with a warm iron.
- Before you manicure, rub cuticles with lemon rind to help whiten them.
- Lemon rinds are good refrigerator deodorizers. Lay them on a shelf toward the back for a fresh clean scent.
- Everything from furniture polish to shampoo has lemon these days. Save the rinds--one favorite trick helps the grubby elbow set. If you have this problem, sit with your elbows cupped in empty lemon rinds while you read a good book for half an hour. The lemon acts like a bleach.

- Pastry Chef Tip: A fine pastry chef passes on this baking hint--Never grease the sides of your cake pans, only the bottom. You'll get greater volume this way.
- Tomato tips--when storing your bumper crop of tomatoes, remember not to place them in the refrigerator until they're as ripe as you want them for eating and cooking. They will not ripen once refrigerated.
- A small pinch of salt makes cream whip faster and egg whites beat up in a jiffy.
- If you are watching calories, add a sprinkle of salt to applesauce or rhubarb and you'll use less sugar.
- To bring out the flavor of chocolate dishes, add a tiny pinch of salt.
- To prevent apples, peaches, and other fruits from turning brown after peeling, drop them into cold salt water, 1 tablespoon salt to 1 quart water.
- Some cooks add a sprinkle of salt to coffee or tea to enhance these flavors.
- Spinach fresh from the garden requires fewer washings if the first washing has 3 tablespoons of salt.
- Use big sharp safety pins instead of skewers the next time you truss a turkey.
- For a handy fresh garlic flavoring, cut up cloves of garlic and store in a jar with salad oil. Use the flavored oil for marinating meat and making salad dressing.
- For making dainty tea sandwiches, use frozen sandwich loaves. Spread with filling while bread is still frozen and then cut with very sharp knife.
- To easily peel cold, uncooked bacon slices, roll the bacon like a jelly roll, starting from the short side. Reverse and roll again. Slices do not tear.
- Metal measuring cups are ideal for melting a small amount of butter or milk while cooking. Just use a pot holder to handle the hot cups.
- To get all the shortening out of the can, put the can on an unlighted stove burner when you have the oven on. The slow heat from the oven will melt the shortening, and then it can be poured for frying.
- After frying fish, get rid of the odor in the frying pan by pouring in 1 tablespoon of vinegar, then filling with warm water. Speed up dishwashing, too, by loosening food particles.
- To boil water quickly in the bottom of double boiler, add a pinch of salt.
- To restore lumpy powdered sugar to a usable condition, place it in your blender, a small amount at a time, then seal in airtight container. Or, lumps may be removed by crushing with a rolling pin.
- When cutting plastic containers or styrofoam, use a heated knife blade. Cutting will be easy and smooth.

- If potatoes are boiled for about five minutes before baking, you will have table-ready potatoes after 30 minutes baking time.
- To strain cooking oil after deep-frying, place a paper coffee filter in the funnel used to pour the oil back in to the bottle. Then throw the filter away.
- Make great bread crumbs for topping casseroles by blending leftover dried out dinner rolls, especially herbed and buttered rolls, in a blender.
- To prevent potato chips from getting crushed in lunch boxes, put chips in zip-lock bags and do not take the air out. Air acts as a cushion and chips will not get broken easily.
- Bake potatoes for a crowd in a cup cake pan for easy handling.
- When recipe calls for melted shortening, melt it in the pan you will use later for baking. Saves shortening and clean-up.
- When stuffing a chicken or other poultry, insert a heel from a loaf of bread to close the pocket. This eliminates sewing the bird's cavity and the dressing will stay inside.
- When melting only one or two chocolate squares use a deep soup ladle, which is easier to handle than a hot bowl and smaller to wash than the top of a double boiler.
- Use pastry brush to quickly butter corn on the cob.
- To easily remove garlic skins, rinse in hot water first.
- Use an ice cream scoop when placing batter into cupcake liners. No trailing bits of batter, and your cupcakes come out even.
- For perfect-size meatballs, shape with ice cream scoop.
- Hot and cold do not mix. Do not stir cold stuff, like sour cream, into hot stuff, like simmering stroganoff. It curdles. Stir half a cup of the hot mixture into the cold to warm it up, and they will not clash. The same applies when you ease dry ingredients (flour, cornstarch) into a little liquid to avoid lumps.
- No more green eggs: rapid boiling cracks the shell and overcooks the yolk. To hard cook eggs, the water should simmer gently for about 15 to 20 minutes. Then douse the eggs under running water to keep the yolks from turning greenish.
- Good cooks who own cast iron skillets do not like to wash them because they might lose their "seasoning" and food would be more likely to stick. Instead, after frying, they sprinkle the skillet with salt, then wipe with a cloth or paper towel, rinse, and dry thoroughly.
- Coffee pots have been a source of discord in many a household. The husband maintains detergents wash too clean and make the coffee taste metallic. Wives insist on cleanliness and wash the pot anyway. The answer: fill the pot with hot water and add 2 tablespoons of vinegar. Let it stand 15 minutes. Rinse and dry. Result: clean pot, good coffee.

- Strong food odors, such as onion, can easily be removed from plastic refrigerator containers within a few days by crumbling a piece of newspaper and putting it in the covered container.
- To clean wooden salad bowls that have become dull, rub them with a little mineral oil.
- Intricate molds and bundt pans (not teflon-lined) clean up quickly when scrubbed with a vegetable brush.
- To transport sharp knives to a picnic, insert the blades into a sponge. This avoids knife cuts and the sponge can be used for cleaning.
- Battle stains in the tea pot with baking soda. Fill the pot with warm water and add 1 tablespoon of soda. Let it set for a while, then clean with a bottle brush.

STOCKTON BUDDHIST WOMEN'S ASSOCIATION
2820 Shimizu Drive Stockton, CA 95203

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Name _____

Address _____

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- -

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TERMS USED IN COOKING

APPETIZER — A small serving of food served before or as the first course of a meal.

ASPIC — A transparent jelly, usually meat, which has been boiled down to become firm when cold.

BATTER — A mixture of flour or liquid that can be beaten or stirred.

BISQUE — A rich thick cream soup made from fish.

BLANCH — To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.

BOUILLABAISE — A chowder made from several varieties of fish and wine.

BOUILLON — Clear soup made from lean beef.

BRAISE — To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.

CARAMEL — Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.

CHICORY — A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes called curly endive.

CIDER — The juice from pressed apples used as a beverage or to make vinegar.

CLARIFY — To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.

COBBLER — A fruit pie with a rich biscuit dough made in a deep-dish.

COCKTAIL — An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner or cut shellfish with tart sauce served at the start of a meal.

CRACKLINGS — Crisp particles left after fat has been fried out.

CROQUETTES – Chopped meat held together by eggs, shaped and dipped into crumbs then fried.

DOUGH — A mixture of flour, liquid that is stiff enough to be kneaded.

DRIPPINGS — Liquids resulting from meat being cooked.

ENTREE – A dish served between the chief courses, before the roast.

FONDUE – A dish made of cheese, eggs, etc.

FRITTERS — Vegetables or fish covered with butter then fried in deep fat.
FROSTING — A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS — The liver, gizzard or heart of poultry.
HORS d'OEUVRES — Tart, salty or crisp foods served as appetizers.
INFUSION — Liquid taken from tea, herbs or coffee.
JULIENNE — Food cut into very thin strips.
MACEDOINE — A mixture of fruits or vegetables.
MARINATE — To let foods stand in an acid mixture of oil and vinegar, then flavored with spices and herbs.
MINCE — To cut foods in very fine pieces.

FOOD PROCESSES

BAKE — To cook by dry heat, usually in an oven.
BARBECUE — To roast or broil whole, as a hog, fowl, etc. Usually done on a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL — To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT — The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW — To cook in hot liquid until flavor is extracted.
BROIL — To cook by exposing the food directly to the heat.
BRAISE — To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY — To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COAT SPOON — When a mixture forms a thin even film on the spoon.
CODDLE — To cook slowly and gently in a liquid just below the boiling point.
CREAM — To work foods until soft and fluffy. Usually applied to shortening and sugar.
CUBE — To cut in even sliced pieces.
CUT — To divide foods with a knife or scissors.
DICE — To cut into small cubes.
DISSOLVE — To pass into solution.
FOLD — To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.

Your Daily Nutrients

FOOD	AVERAGE ADULT	AVERAGE CHILD
Meat or fish	1 or more servings of wide variety. Liver once a week.	Same as Adult
Milk	1 pint.	1 quart
Eggs	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
Vegetables	1 leafy green or yellow and 1 other (serve one raw). 1 potato.	Same as Adult
Fruits	½ c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	¾ c. citrus or 1 ½ c. tomato juice plus other fruits.
Breads and Cereals	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
Butter or vitamin fortified	2 tablespoons	2-3 tablespoons

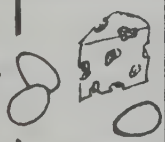
A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk.
B1 (Thiamin)	For good appetite, good digestion and steady nerves.	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
G (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy green, milk.

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
MEATS CASSEROLES	Beef stew Steak, Veal Lamb Venison	Meats, Stews, Sauerbraten		Curries of meat Veal Mildly hot casseroles	Veal Pork spareribs Lamb stew
POULTRY SEAFOOD	Chicken Duck Fish Seafood cocktails	Poached fish	Fish dishes	Chicken Fish Shrimp Chicken salad	Fish dishes Chicken salad
PICKLES PRESERVES	Tomatoes Potatoes Peas Squash Herb butter	Pickled beets Relishes	Potato dishes Vegetable garnish	Various vegetables Pickled carrots Green bean sticks	Potatoes baked or boiled Tomatoes Beans Pickles Garnish
EGGS AND CHEESE	Cheeses Welsh rabbit and Egg dishes		Omelets and Egg dishes Cream and cottage cheese	Egg salad Egg dishes Cheese fillings Sour cream	Sour cream Cream and Cottage cheese Scrambled eggs
RICE NOODLES SPAGHETTI	Spanish rice Spaghetti dishes			Oriental touch to rice	Buttered noodles
SOUPS SALADS SAUCES	Bean Mock turtle Potato soups Tossed salads	Vegetable and Fish soups Tomato sauces and Gravies Marinades	Various Soups and Salads	Gravies Flavor teaser in soups Chili sauce Shrimp sauce	Fish and Vegetable salads Butter sauce Cream sauce
PIES BREADS CAKES				White bread dough	

LEAVES, WEEDS & OTHER GOOD THINGS

Use This Herb → / When You Fix: ↓	Ginger	Marjoram	Oregano	Sage	Tarragon
	Aromatic, pungent root with warm flavor-sold fresh, dried or ground	Aromatic odor, potent flavor	Strong aromatic odor, bitter taste, whole or ground	Pleasant aromatic odor and warm, bitter taste. Used fresh & dried	Aromatic leaves, with hot pungent flavor
Meats Casseroles	Pot roast Pork, Veal Beef Casseroles	Stuffing for all meats Ragouts, Stew Beef, Veal Pork Roasts Lamb Sausage	Pork, Veal and Lamb dishes Meat loaf Stews Chili	Stuffing for meat dishes Veal and Pork dishes Pork roast Sausage Hamburgers	Beef and Veal dishes
Poultry Seafood		Chicken and fish dishes Stuffed fish Fish chowder	Roast duck Fish chowder	Poultry	Fish and Chicken dishes Chicken cacciatore Lobster
Vegetables Pickles Preserves	Pickles Preserves Chutney Vegetable combos	Scalloped potatoes and tomatoes Dressing for broccoli cabbage spinach	Hash brown potatoes Dried beans Lentils	Vegetable loaves Beans Tomatoes	Potatoes Tomatoes Beets Spinach Pickles
Eggs And Cheese		Egg salad Egg dishes Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese Cheese combo dishes	Eggs Benedict Egg and Cheese dishes
Rice Spaghetti Noodles		Spaghetti sauce	Spaghetti with meat sauce Pizza		
Soups Salads Sauces	Soups Chicken broth Gravies Fruit salad Whipped cream	Soups Salad dressing Green vegetables salads	Vegetable and Fish salads	Salads	Tartar sauce Sweet-sour sauce Fish Sauces Green salads Aspics
Breads Pies Cakes	Cakes Soft cookies and crisp snaps Pie crust and filling				

Helpful Cooking Hints

MEATS, POULTRY, AND SEAFOOD

Meats are a substantial part of all homemakers shopping bill. Every meal should be planned very carefully and the best possible cut of meat for your money should be selected. The following chart should help you in not only selecting the best cut of meat, recommended by the U.S.Department of Agriculture cutting chart, but also the proper amount of meat to serve.

HOW MUCH TO BUY

	MEAT	WEIGHT OR MEASURE	NO. OF SERVINGS
BEEF	Round Steak	1 pound	3 to 4
	Porterhouse Steak	1 pound	2
	Sirloin Steak	2 pounds	4
	Chuck Roast	2 pounds	4 to 6
	Rib Roast (bone in)	4 pounds	8
	Short Ribs	1 pound	1 to two
	Stew Meat	1 pound	4 to 5
	Hamburger	1 pound	4
POULTRY	Chicken		
	Fryers	2 ½ to 3 ½ pounds	3 to 5
	Broilers	1 to 2 ½ pounds	2 to 3
	Roasters	2 ¾ to 7 pounds	4 to 10
	Turkey	8 pounds	16
FISH	Steaks	1 pound	3
	Fillets	1 pound	4
	Whole Fish	1 pound	1
SHELLFISH	Lobster (tails)	1 pound	2
	Lobster (cooked meat)	1 pound	2
	Clams (shucked)	1 pint	3
	Shrimp (cooked)	1 pound	5 to 6
	Oysters (shucked)	1 pint	3
	Oysters (cooked)	1 pound	6
	Scallops	1 pound	6
VEAL	Cutlet	1 pound	3
	Chops	3 chops per pound	3 to 4
	Roast	2 pounds	6

RETAIL AND WHOLESALE BEEF CHART

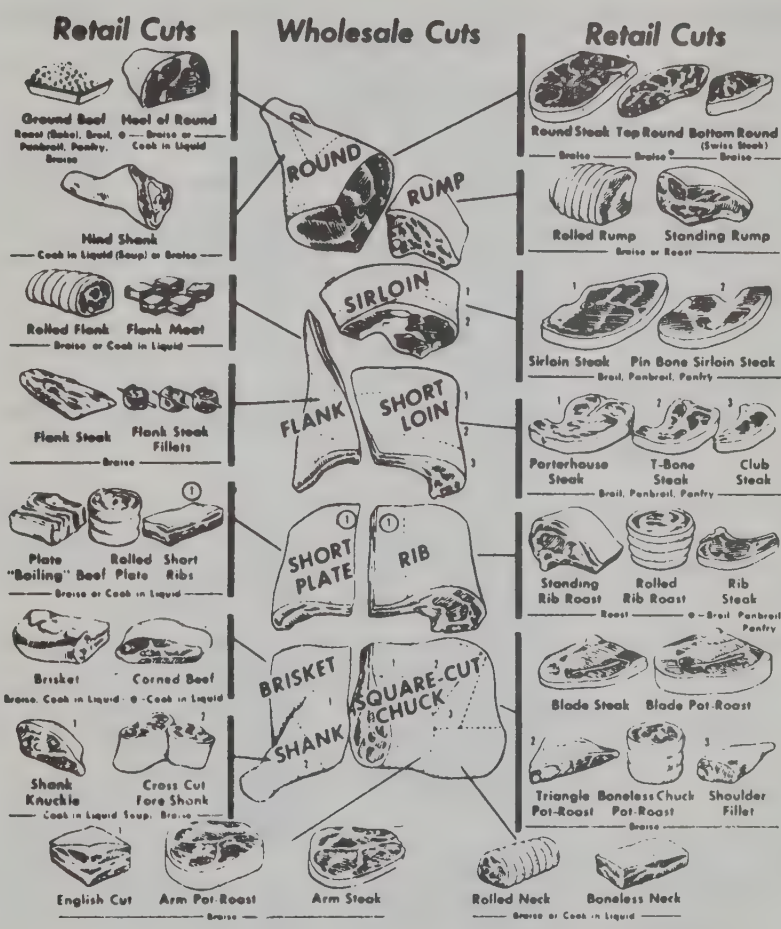


Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Asparagus	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook coverd in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
Beans, green or wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
Navy Beans, dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 ½ hours
Beets	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
Broccoli	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR Cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 min. Total
Brussels Sprouts	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling walted water.	10-15 mins.
Cabbage, green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR shred.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
Carrots	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consomme.	20-25 mins. Whole
Cauliflower	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

Table For Cooking Vegetables

VEGETABLE	WAYS TO PREPARE	COOKING	TIME
Celery	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling salted water or in consomme.	10-15 mins.
Corn	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling salted water; OR cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
Eggplant	Wash. If skin is tough, pare. Cut in ½-inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot fat. Season.	Approx. 4 mins.
Mushrooms	Wash; cut off tips of stems. Leave whole or slice.	Add to melted butter in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
Okra	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
Parsnips	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
Peas, Green	Shell and wash.	Cook covered in small amount of boiling salted water.	8-15 mins.
Spinach	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
Zucchini	Wash; do not pare. Slice thin.	Season and cook covered in butter in skillet for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total
Tomatoes	Wash ripened tomatoes.	Cook slowly, covered without adding water.	10-15 mins.

Calorie Counter

CANDIES, SNACKS AND NUTS

		Calories
Almonds (salted)	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheese Cake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 ave. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140

BEVERAGES AND JUICES

Beer	1 bottle, 12 oz.	185
Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsw.)		0

Calorie Counter

BREADS AND FLOUR FOODS		Calories
Baking Powder Biscuits	1 large or 2 sm.	129
Bran Muffin	1 medium	106
Corn Bread	1 small square	130
Dumplings	1	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS		
Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

FISH AND FOWL:		
Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces steak	207

Calorie Counter

		Calories
FRUITS		
Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/-unsweetened	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsw.)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60
MEATS		
Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (ave. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (boiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3½ ounces	340
Pot Roast (round)	3½ ounces	200
Rib Roast	3½ ounces	260
Rump Roast	3½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230
SALADS AND DRESSINGS		
Apple and Carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dress.)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Quantity Cooking

Food	25 Servings	100 Servings
Meat, Poultry or Fish		
Beef and veal (roasted)	10 lbs.	40 lbs.
Fish, large whole	13 lbs	50 lbs.
Fish, fillets or steaks	7 ½ lbs.	30 lbs.
Ham (roasted)	10 lbs	30 lbs.
Hamburger	9 lbs	35 lbs.
Meat Loaf	5 lbs	18 lbs.
Pork Rib Roast	10 lbs.	36 lbs.
Pork Chops and Veal Cutlets	9 lbs.	30 lbs.
Turkey or Chicken (roasted)	16 lbs.	50 to 75 lbs.
Sandwiches		
Bread	50 slices	200 slices
Butter	½ lb	1 ½ lbs.
Mayonnaise	1 cup	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 ½ qts.	5 to 6 qts.
Lettuce	1 ½ heads	5 to 6 heads
Salads, Casseroles		
Potato Salad	4 ¼ qts.	4½gals.
Scalloped Potatoes	4 ½ qts.	17 qts.
Spaghetti	1 ¼ gals.	5 gal.
Baked Beans	¾ gals.	2 ½ gals.
Jello Salad	2 qts.	2½ gals.
Lettuce (large heads)	4 heads	12 heads
Vegetables		
Beets (fresh)	5 lbs.	20 lbs.
Beets (canned)	1 No. 10	4 No. 10
Cabbage (shredded)	5 lbs.	20 lbs.
Carrots (cooked)	6 lbs.	24 lbs.
Corn (canned)	3 No. 2	2 No. 10
Corn (frozen)	3 40-oz. pkgs.	10 40-oz pkgs
Peas (fresh)	18 lbs.	70 lbs.
Peas (frozen)	3 40-oz. pkgs.	10 40-oz. pkgs.
Sweet Potatoes (canned)	1 No. 10	4 No. 10
Sweet Potatoes (fresh)	7 lbs.	24 lbs

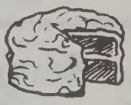
FOOD QUANTITIES FOR ONE WEEK

Kinds of Foods	Women	Men
Citrus fruits, tomatoes	2½ pounds	2½ - 3 pounds
Dark-green vegetables	¾ pound	¾ pound
Dry beans, peas and nuts	2 ounces	2 - 4 ounces
Eggs	6 eggs	7 eggs
Fats, oils	½ pound	¾ - 1 pound
Grain products - Cereal, flour, whole grain	2 2½ pounds	3-4 pounds
Meat, fish and poultry	4 4½ pounds	5-5½ pounds
Milk, and milk equivalents	3½ quarts	3½ quarts
Vegetables and fruits	4-6 pounds	5 - 7 pounds
Potatoes	1-1½ pounds	2 - 3 pounds
Sugars and sweets	½-1 pound	1 - 1½ pounds

SUBSTITUTIONS FOR INGREDIENTS

1 tablespoon cornstarch (for thickening) .... 2 tablespoons flour
1 cup sifted cake flour .... 1 cup minus 2 tablespoons sifted all-purpose flour.
1 cup sour milk .... 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred.
1 square chocolate (1 ounce) .... 3 or 4 tablespoons cocoa plus 1 / 2 tablespoon fat.
1 cup sifted all-purpose flour .... 1 cup plus 2 tablespoons sifted cake flour.
1 cup sweet milk .... 1 cup sour milk or buttermilk plus 1 / 2 teaspoon baking soda.
1 cup cream, sour, thin .... 3 tablespoons butter and 3 / 4 cup milk in sour milk recipe.
1 whole egg .... 2 egg yolks for custards.
1 cup molasses .... 1 cup honey.
1 package active dry yeast .... 1 cake compressed yeast.
1 tablespoon instant minced onion, dehydrated .... 1 small fresh onion.
1 tablespoon prepared mustard .... 1 teaspoon dry mustard.

Favorite Recipes



Recipe Name	Page No.

Notes

Appetizers, Relishes & Pickles

Soups, Salads Sauces

Main Dishes (Casseroles)

Meats, Poultry & Seafood

Vegetables

Breads, Rolls, Pies & Pastry

Low-Calorie Dishes

Cakes, Cookies, & Confections

Desserts

Beverages, Sandwiches & Misc.

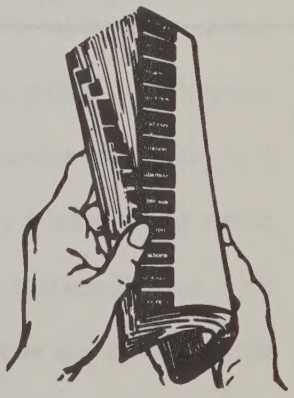
Cooking Hints

We Have The Recipe For

Successful Fund Raising

Personalized Community Cookbooks

Here's How To Use Your Thumb Index: Place thumb on black tab of the item you want to find. Flip through until a black tab appears under your thumb.



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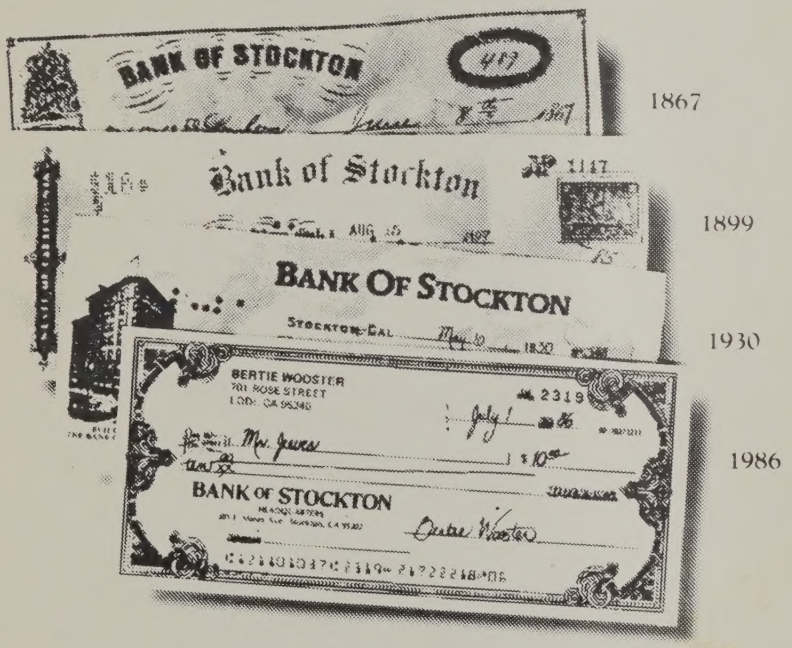
GOOD THINGS LAST FOREVER.



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